

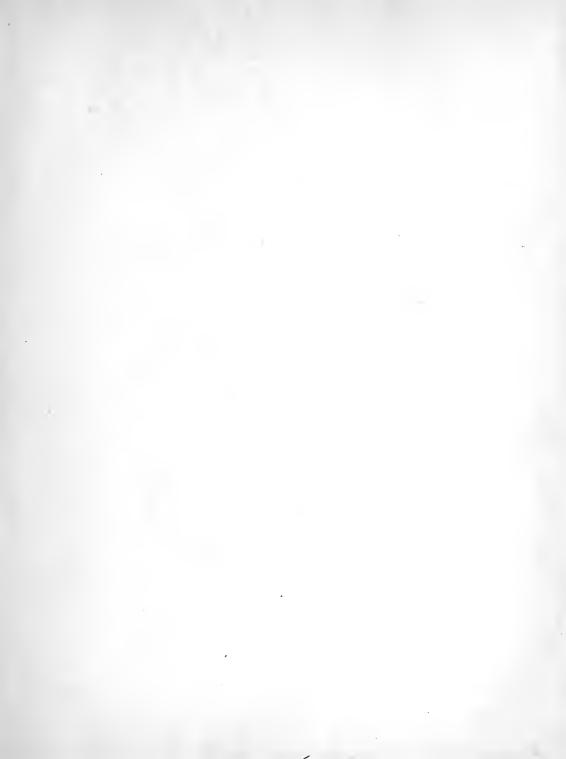
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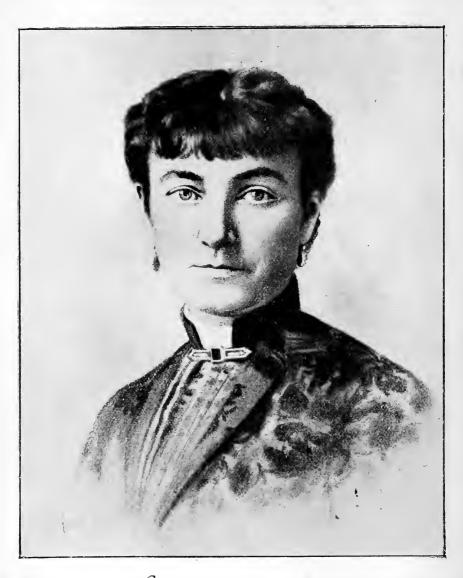












Truly Jours Mrs. H. W. Ellerrouth

# REVISED AND ENLARGED.



A CAREFULLY CLASSIFIED AND ALPHABETICALLY ARRANGED

# Repository of Useful Information

ON SUBJECTS THAT CONSTANTLY ARISE IN THE DAILY LIFE OF EVERY HOUSEKEEPER.

# A GUIDE

TO THE BEST AND EASIEST WAYS OF ACCOMPLISHING HOME WORK IN ITS VARIOUS DEPARTMENTS.



BY MRS. M. W. ELLSWORTH

"THE SUCCESSFUL HOUSEKEEPER."

ELLSWORTH & BREY, DETROIT, MICH. 1896.

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# PUBLISHERS' PREFACE.

In 1882 we made our first venture in this line of publication in The Successful Housekeeper, and its reception has been so cordial as to be a very agreeable surprise to us. Nearly one hundred thousand copies have been sold and there is still a good demand for it.

Nothing earthly has yet reached that point where it can be marked "perfect," and, as we looked over this first book, we recognized many crudities and not a few mistakes of arrangement, and like all who have an interest in their work these defects annoyed us.

Again, seven years have wrought wonderful changes and advances in every line of human industry, and home economy has changed with the other changing lines of progress. Many points, especially in the ceremonial, have become almost or quite obsolete, while other rules and observances have arisen to take their places.

In a matter which is so closely connected with the well-being—the very being—of humanity as the cuisine, we should expect to find many improvements, and our search is not in vain.

Believing the time propitious for chronicling these changes and advances, we have induced the author of The Successful Housekeeper to undertake the task. With what success her labors shall be crowned, we leave to the housewives of our land to judge.

We present The Queen of the Household to the public as a worthy successor to The Successful Housekeeper claiming for it that it is rigidly economical, thoroughly practical, with short but plain directions, and nothing put into it simply to fill up.

# AUTHOR'S PREFACE

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# REVISED EDITION.

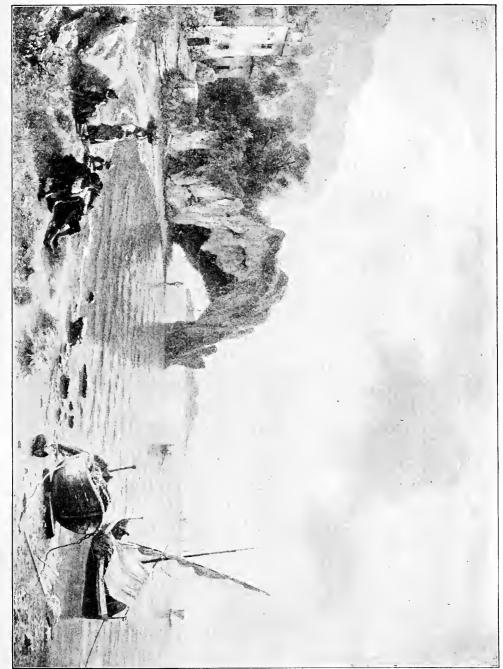
Since the first edition of the Queen of the Household was published, changes have taken place, some so marked as, in the estimation of the writer, to deserve a place in the book. For these reasons a careful revision has been made, and where improvements were deemed possible, a change has been brought about by either substitution or addition.

For example, the chafing dish has come to be a fixture in many homes, and as it becomes known its use increases. To meet this a section of recipes has been added to Chapter VI. An entire chapter has been added on the many uses of common articles in the household, such as salt, ammonia, borax, etc. This, it is hoped, will be found of great value to the housekeepers for daily use in the various departments of the home.

It is hoped that the same kind reception will be given this edition as has marked the history of the book from the outset.

THE AUTHOR.

DETROIT, MICH., June 1st, 1896.



A HOME BY THE SEA.



# WEIGHTS AND MEASURES.

# MEASURES OF WEIGHT.

Avoirdupois.—16 drams make I ounce; 16 ounces I pound; 100 pounds I hundred-weight; 20 hundred-weight I ton.

Troy.—24 grains make I penny-weight; 20 penny-weights I ounce, 12 ounces I pound.

Apothecaries.—20 grains make I scruple; 3 scruples I dram; 8 drams I ounce; 12 ounces I pound.

# MEASURES OF CAPACITY.

Dry Measure.—2 pints make I quart; 8 quarts I peck; 4 pecks I bushel.

Liquid Measure.—60 drops make I teaspoonful, 4 teaspoonfuls I tablespoonful; I tablespoonful I-6 gill, 4 gills I pint; 2 pints I quart; 4 quarts I gallon; 30½ gallons I barrel; 63 gallons I hogshead.

Apothecaries Fluid Measure.—60 minims (哎) make I dram (f. 3); 8 fluid drams I ounce (f. 3); 16 fluid ounces I pint (〇).

# MEASURES OF EXTENSION.

Long Measure.—12 inches make I foot; 3 feet I yard; 5½ yards or 16½ feet I rod; 40 rods I furlong; 8 furlongs I mile.

Surface or Square Measure.—144 square inches I square foot; 9 square feet I square yard; 30 ¼ square yards I square rod; 160 square rods I square acre (43,560 ft.); 640 acres I square mile.

Solid or Cubic Measure.—1,728 cubic inches make I cubic foot; 27 cubic feet I cubic yard; 40 cubic feet of round timber I ton; 50 cubic feet of hewn timber I ton; 16 cubic feet of wood I cord foot of wood; 8 cord feet (128 cubic feet) I cord.

Circular Measure.—60 seconds (") make 1 minute ('); 60 minutes 1 degree (°); 30 degrees 1 sign (s.); 90 degrees 1 quadrant, 4 quadrants or 360 degrees 1 circle (cir.).

Miscellaneous.—4 inches make I hand; 18 inches I cubit; 21.8 I sacred cubit; 3 feet I pace; 6 feet I fathom; 120 fathoms I cable-length; 5280 feet I statute mile; 6086.08 feet I geographical mile or "knot"; 3 miles I league; 60 geographical or 69 I-6 statute miles I degree.

# MEASURES OF TIME.

Time Measure.—60 seconds make 1 minute; 60 minutes 1 hour; 24 hours 1 day; 7 days 1 week; 4 weeks 1 lunar month; 28, 29, 30, or 31 days 1 calendar month (30 days 1 month in computing interest); 52 weeks and 1 day, or 12 calendar months, 1 year; 365 days, 5 hours, 48 minutes, and 49 seconds 1 solar year; 100 solar years 1 century.

# MISCELLANEOUS TABLES.

Numbers.—12 units make 1 dozen; 12 dozen 1 gross; 12 gross 1 great gross; 20 units 1 score.

Paper.—24 sheets make 1 quire, 20 quires 1 ream; 2 reams 1 bundle; 5 bundles 1 bale.

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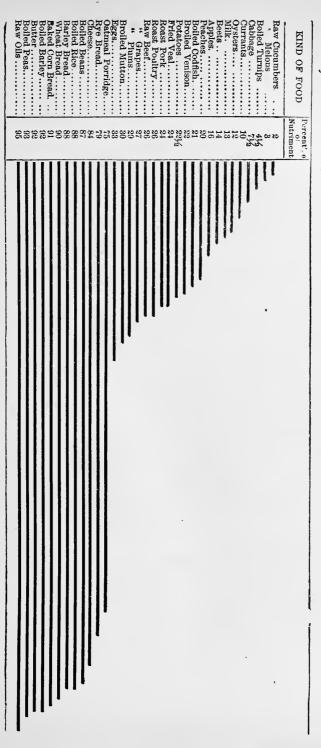
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# DIGESTION OF FOOD.

KIND OF FOOD.	Mode of Preparat'n	Time of Digest'n	
		Н. М.	
apples, sour, hard	Raw	2 50 1 50	
Apples, sweet	Raw	1 50	
sparagus Beans, (pod)	Boiled	2 30	
seans, (pod)	Boiled	2 30	
Beans with green corn.	Boned Posted	3 45 3 00	
Beef	Proiled	3 00	
Beefsteak	Fried	4 00	
BeefsteakBeef, salted	Roiled	4 15	
Bass, fresh	Broiled	3 00	
Reets voung	Rouled :	3 45	
Beets, old	Boiled	4 00	
Beets, old	Baked	3 15	
Sreau, wheat	Dakeu	3 30	
Butter	Melted	3 30 2 30	The same of the sa
abbage	Raw	2 30	
abbage and Vinegar	Raw	2 00	
abbage	Boiled	4 30	
Cauliflower	Dolled	2 30 2 30	
Cake, sponge	Boiled	3 15	
Carrot, orange Cheese, old	Raw	3 30	
Chicken	raw Fricassee	3 45	
Codfish, dry and whole.		2 00	NAME OF TAXABLE PARTY OF TAXABLE PARTY.
Custard	Baked	2 45	
Duck, tame	Roasted	4 00	
Duck, wild	Roasted	4 50	
Duck, wild Dumpling, apple	Boiled	3 00	
Eggs, hard	Boiled	3 30	
Eggs, soft	Boiled	3 00	·
Eggs	Fried	3 30	
Eggs	Raw	2 00	
Fowls, roasted or	Boiled	4 00	
delatine	Boiled	2 30	
doose, wild	Roasted	2 30	The state of the s
lamb	Bolled	2 30 2 30	
Meat and vegetables	Pow	2 15	
Milk	Roiled	2 00	
Mutton	Roast	3 15	
Mutton	Broiled	3 00	
Onions	Roiled	3 00	
Oysters	Roasted	3 15	
Oysters	Stewed	3 30	
Parsnips	Boiled	3 30	
Pig's feet	Soused	1 00	
Pork	Roast	5 15	
Pork	Boiled	4 30	
Pork, raw or	Fried	4 15	
Pork	Broiled	3 15 3 30	
	Boiled	2 30	
Potatoes	Roasted	2 30	
Potatoes	Boiled	1 00	
Salmon, fresh	Boiled	1 45	
Sausage	Fried	4 00	
Sausage		3 30	
Soup, vegetable	Bonea	4 00	
Soup, chicken	Boiled	3 00	A CONTRACTOR MANAGEMENT OF THE PROPERTY OF THE
Soup, oyster or mutton.	Boiled	3 30	
Spinach	Boiled	2 30	
Tapioca Tomatoes	Boiled	2 00	
Tomatoes	Fresh	2 30	
Tomatoes	Canned	1 20	
Trout, fresh, boiled or.	Poseted	2 30	
Turkey, boiled or Turnips	Roiled	2 30 2 00 2 30 2 30 1 30 2 30 3 30	
Veal	Broiled	4 00	
Venison Steak	Broiled	1 35	· ·
TOURSON DICEM	12.0.000		

# PRACTICAL DIETETIC ECONOMIES.

should be the basis of food, since they together with milk and eggs contain nearest the proper proportion of elements cost, and while most kinds of food may be in moderate degree healthful, there is no doubt but cereals are and will be seen that oatmeal, crushed wheat, rye and corn contain far more nutriment than meats, and at much less at a glance the available percentage of nutritive elements contained in the leading staples used as human food; it necessary to sustain life: The following table, compiled from various authorities, is eminently and practically useful, presenting as it does



# TABLE OF WEIGHTS AND MEASURES.

One cup, where not otherwise specified, indicates an ordinary coffee cup, and holds  $\frac{1}{2}$  pint.

Water, I cupful = 
$$\frac{1}{2}$$
 pint = 8 ounces =  $\frac{1}{2}$  lb. Vinegar, I "  $\frac{1}{2}$  " 8 "  $\frac{1}{2}$  lb. Milk, I "  $\frac{1}{2}$  " 8 "  $\frac{1}{2}$  lb. Molasses, I "  $\frac{1}{2}$  " 12 "  $\frac{3}{4}$  lb. Cream, I "  $\frac{1}{2}$  " 7

Flour, I level cup = 4 ounces; I heaped cup = 6 ounces (always sifted flour).

Sugar, I heaped cup (of crushed or granulated) = 8 ounces.

Butter, I even cupful, hard or melted, = 7 ounces.

Suet, same (melted and solidified).

Lard, same.

Eggs, 10 eggs, average size, = 1 lb.

Corn meal, I even cup =  $4\frac{1}{2}$  ounces.

Ground coffee, I heaping cup = 4 ounces=  $\frac{1}{4}$  lb.

Tea, I heaping cup = 2 ounces.

Teaspoon =  $\frac{1}{2}$  tablespoon; heaped =  $\frac{1}{2}$  ounce of flour, sugar, starch, rice, barley corn meal; =  $\frac{1}{4}$  ounce ground coffee; = 1-8 ounce tea.

Tablespoon—I tablespoon holds ½ ounce water; heaped, it contains I ounce flour, sugar, rice, corn meal, sago, corn-starch, barley, ½ ounce ground coffee, and ¼ ounce tea.

Seven tablespoons liquid = I gill; 14 tablespoons liquid = I cup. Basting-spoon—I basting-spoon = 4 tablespoons.

A common-sized tumbler holds ½ pint.

A common-sized wine-glass holds ½ gill.

One generous pint of liquid or I pint of chopped meat packed solidly weighs I pound.

# CHAPTER I.

# BREAD MAKING.

Bread in some form or other comes to our table three times a day, for three hundred and sixty-five days in the year, or over a thousand times, the only article of food which enjoys this distinction. Ought it not to be as good as we can make it?

To make good bread, three things are absolutely essential: The best yeast, the best flour, the proper degrees of heat.

Skill in the different processes is an aid in the attainment of excellence, but it will not counteract the effect of inferior materials. I wish that this note could be sounded through all the kitchens in the land, and that some of the illusions which exist on this subject of bread-making might be destroyed. "I did not have any luck today with my bread," one will say, and such a person in some forcible way ought to be made to understand that in cookery ill-luck and ignorance are synonymous.

What special recipe should be used is also of secondary consideration, provided it has some reliable god-mother to stand sponsor for it. Far be it from me to impale on the point of my pen my particular recipes, and, holding them up to the multitude, exclaim, "Lo, here!" and "Lo, there! These only are good!" Such as I contribute in this article are given because they have answered my purpose perfectly, and are not intended in any way as criticisms on those of my neighbors.

If the proper conditions for success in bread-making are maintained, success will result as certain as it is that the day followeth the night. Three of the most important conditions I have named, giving yeast the predominance of importance because it forms the spirit, as it were, of the loaf, without which in its best estate, the other constituents, however good in themselves, would remain but a shapeless, inanimate mass.

# YEAST.

As to what particular kind of yeast should be used, circumstances should determine, perhaps. If the bread-maker be young and inexperienced, or one to whom time is of moment, and if she lives near a grocer who can supply her with fresh cakes, she cannot do better than provide herself with compressed yeast. They should be kept in a cool, dry, dark place, unexposed to the air, as otherwise they will soon spoil. If they break easily, instead of pulling apart when pressure is applied, it may be concluded they are still fresh enough for use. One-half cake is equal to I cup yeast.

The dry yeast, made with corn meal, and put up in packages keeps, with proper care, indefinitely.

But, after giving each variety of yeast its due credit, I wish to state emphatically, that in my judgment, no more delicious bread is made by any of them than that made from potato yeast. There is a lightness, a quality about it not found in bread made from other methods. I keep myself supplied with this liquid yeast from one year's end to another, and am always able to make rolls, raised doughnuts, loaf cake, etc., at a moment's notice. There is little trouble in making it, and no risk. I send forth the recipe with hearty good wishes, hoping it may be of such service to others as it has been to me.

Potato Yeast.—Sift 2 full tablespoons flour, 3 tablespoons white sugar and I tablespoon salt, into a large pan, or preserving kettle. Have your tea-kettle full of boiling water. Pare 4 potatoes, and as you pare them throw them into cold water to prevent discoloration. Grate these pared potatoes into the sifted materials, and mix quickly with a silver, or wooden spoon. Pour over it all 3 quarts of the boiling water slowly, stirring all the time. The mixture should be of the consistency of thin starch; if it is not quite thick enough, it may be cooked a little, caring to see that it does not burn. Strain, and when lukewarm, add I cake compressed yeast, dissolved in ½ cup tepid water. Do all this early in the day, that the yeast may have time to rise before night. Set the pan in a warm place uncovered, and when well-risen and frothy, beat occasionally and vigorously, to make it strong. Before retiring pour into quart cans, and

leave uncovered until morning. Then seal, and carry to cellar. Shake well before using. A cupful reserved in a pint can may be used in starting a fresh batch of yeast, but I always use the compressed yeast in preference. The yeast will keep until used up in winter, and 2 weeks in summer, under cool conditions. Taste of it when you wish to test its sweetness. If sour, do not use it. The yeast question being now settled satisfactorily, I hope, we come next to that of the flour, which is often a little more difficult to solve.

# FLOUR.

There are many ways of testing flour, but the most expedient is to have your grocer furnish you with a small quantity of what he considers his best variety. If after a trial baking it proves satisfactory, you can order in larger amounts. Flour should be light, dry and elastic, and when pressed in the hand tightly and thrown back into the barrel, should not retain the form of the pressure.

Of course it goes without saying, that the majority of wise house-keepers buy their flour by the barrel, as being both cheaper and more convenient than to buy in small quantities. In our family of 4 we use 2 barrels a year, and the last is always as good as the first. Whiteness in bread is always desirable, and while the whitest flour does not always presuppose the most nutritious, yet, other things being equal, the whitest brand is to be commended. I have eaten bread of the jaundiced type, which tasted better than it looked, but it was not a bread I should care to put on my own table.

Having made, then, our potato yeast, and purchased our flour, both of which are supposed to be of the best quality, a little knowledge as to mixing the sponge, and the heat necessary to raise, and afterwards to bake it, will give us bread which will satisfy the most fastidious. For small families small bakings are economical, because with a little management you can always have fresh bread and none old, which will give trouble to dispose of. I always bake 3 loaves at a time, I of graham or rye, and 2 of white, with only I sponge at night for both. If your husband is a New England man he will love to taste again the rye bread of his childhood's days, and if you have children you can educate them so that they will

love the brown loaf better than the white to the benefit of their growing bodies. Vary, then, your white bread fare by adding to it an occasional loaf of rye or graham.

# DIRECTIONS FOR SPONGE.

Rinse out your bread bowl with hot water just before your hour of retiring for the night. Sift into the bowl 11/2 quart flour, which has been warmed. Stir this into 1 1/2 pints of milk scalded and cooled, or warm water, and beat well. Add I cup potato yeast, or ½ cake yeast dissolved in ½ cup tepid water. Beat all thoroughly, and add more flour, if necessaay to make it about like pancake batter. Set in a temperature of 60 degrees over night. In the morning take out 1/3 of the sponge for a graham or rye loaf, and add to it 1/2 teaspoon of salt, I tablespoon sugar, and graham or rye flour mixed in not quite as thick as you can stir it. Pour into a baking pan, and when well-risen, bake in a moderate oven. The oven heat should be less than for white loaves. It will be baked before the latter are ready to go into the oven. The remainder of the sponge will make two white loaves. Add to this I teaspoon salt, I tablespoon sugar, 1/2 tablespoon lard, and flour enough to enable you to knead the dough thoroughly. A few words now about kneading.

#### KNEADING.

It is a favorite theory with many that kneading alone makes the bread *fine* grained, but it is not so. The fineness of the grain depends almost wholly upon the liveliness of the yeast, and the quantity used. Kneading makes the bread EVEN grained, regular as to its pores, and spongy in character, and should be well attended to to ensure this result. Both kneadings should be equally thorough, and done with the knuckles and fists, in a way which will mean business. After the first kneading, set away in a warm place free from drafts to rise, which ought to be in 2 or 3 hours. When sufficiently light, knead again very thoroughly, and mould into loaves. Caution as to moulding is enjoined. Let the loaves be shapely, with no uneven cracks on the under side when done to betray carelessness. Have them fit into the pans evenly, so that when baked

they shall not resemble inclined planes, or miniature toboggan chutes, one end of which shall seem to have risen at the expense of the other. Gash the loaves across on top 2 or 3 times, or prick with a fork.

#### BAKING.

When your loaves have risen after putting in the pans, to twice their size, they are ready for the oven, which should not be so hot but that you can hold your hand in it while you count 30. The fire should have been attended to so that it will give a steady heat for 45 minutes, the time necessary to bake ordinary sized loaves. Baking is at best a most delicate operation, and requires a cook's whole attention.

On baking day arrange it so that that shall be your chief work until the bread is out of the oven. Carelessness as to the management of oven will ruin the best loaf that can be made. Practice in this as in anything will alone bring perfection. Rules will help, but the cook must gain experience herself. For the first 20 minutes bread should rise in the oven but not brown. Change to a less hot place in the oven if you find the heat too great, or cover loaves with paper, or the oven door may be left open if the baking is nearly done. When baked the bread should not have a suspicion of a brown shade about it, but only a delicate cafe au lait color. Under those conditions there will be no crusts to be thrown away, or to set the children's teeth on edge. After the bread has been five minutes out of the oven, rub the tops and sides with a little butter, to soften it and give a glossy surface. I much prefer the round, small sized pans for baking bread. I have a fancy that bread baked in them is much better than that baked in the long, oblong pans. If loaves are ever burned apply the grater, and rub off the burned portion, and envelope in wet napkin. Keep bread in a tin box or earthen jar covered with towel, away from the air. Ιf exposed it dries rapidly, and loses its flavor.

Some housekeepers may not know that bread dough will keep for some time without spoiling, in an ice chest, or in a temperature which will arrest fermentation. Such an arrangement is a convenience where much company is entertained, and raised bread stuffs are desired at short notice.

# A GOOD RELIABLE YEAST.

Steep slowly, in a porcelain or bright tin kettle, I large handful hops, tied in a cloth; boil 6 large potatoes, sliced thin, in 2 quarts water; when done very soft, mash till smooth and creamy. Have ready I pint flour, wet and rubbed to a smooth paste; pour into this the potato water boiling hot, stirring smoothly; let it boil a few minutes, stirring all the time, add the hop water and potatoes, 2 tablespoons salt, and I cup white sugar; stir thoroughly and set away to cool. When milk warm, stir in I cup yeast; let it rise in a warm place 12 hours; put it into an air-tight vessel, previously well scalded, and set in the cellar. This will keep from 4 to 6 weeks. Always make new yeast before the old is gone, in order to have some to start with. Be very particular with every new batch of yeast, to have the vessel in which it is kept well cleaned, and scalded with hot saleratus water. Much depends upon keeping this sweet and clean.

#### ANOTHER GOOD YEAST.

Boil 2 potatoes with a good handful of hops, tied in a bag; mash the potatoes when done, in the yeast dish, and add 2 teacups flour, and scald with the potato water; when cool, add a yeast cake soaked in warm water. Dry hop yeast can always be found at grocery stores.

#### DRY HOP YEAST.

Mix 3½ ounces hops, 15 quarts hot water, and 3¾ pounds rye flour; when cooled to lukewarm add ½ pint beer yeast; let it ferment. Next day add 7¾ pounds corn or barley meal, knead into a stiff dough, and roll to about ½ inch thick. Divide into cakes and dry completely in a warm room, or the sun, turning frequently. Can be kept in well closed pots an indefinite length of time.

# MILK SPONGE BREAD.

Early in the evening, scald 2 tablespoons corn meal, a pinch of salt and I of sugar, with milk enough to make a mush; then set in a warm place till morning; then scald I teaspoon sugar, I of salt, and I/3 as much soda with I pint boiling water; then add cold water till lukewarm, and thicken to a thick batter with flour, then add the mush made the night before and stir briskly for a minute or two. Put in a close vessel in a kettle of warm water, not too hot. When light, mix stiff, add a little shortening, and mould into loaves. It will soon rise and will not require as long to bake as yeast bread—25 to 30 minutes in a good oven, Great care is required to keep the sponge of a uniform heat (the water should be about as warm as the hand will bear). The fine patent process flour is not as good as a little coarser grade for this kind of bread. All dishes used in making should be perfectly clean and sweet, scalding them out with saleratus or lime water.

# SALT RISING BREAD.

In the morning take a quart dish and scald it out, then put in I pint warm water; put in I tablespoon salt and a little pinch soda, 2 or 3 tablespoons corn meal, and flour enough to make a thick batter. Stir well, and set the dish in a kettle of warm water, and keep at the same temperature (just so you can bear your hand in it). If water rises on the top, stir in briskly I or 2 tablespoons flour and put back into the kettle. If the flour is good the emptyings will be light within 3 or 4 hours; then take flour enough in a bread pan to make 3 or 4 loaves of bread, make a hole in the center, put in the emptyings, and fill the same dish with warm water; add a little salt, stir it in with a spoon, mix a thick sponge and cover it with some of the flour, and set it in a warm place to rise. When light, mould it into loaves and set to rise again (it does not require as much kneading as yeast bread). Bake from ½ to ¾ of an hour. Railroad emptyings are made in the same way, of middlings instead of flour.

# BROWN BREAD.

Take 2 quarts corn meal; scald with I quart boiling milk or water; when cool add I quart Graham flour, I large spoonful salt, I cup brown sugar or best molasses, I cup home-made yeast, I cup flour. Mix with warm water as stiff as can easily be stirred; put in deep basins; steam 2 hours and bake I. Before baking baste with a few spoons sweet cream or milk; this makes a soft, tender crust.

Biscuit is made from the same dough as the bread, rolled out and spread with a small quantity of lard, which must be very fresh and sweet. Double the dough together, roll and spread again three times; then cut in small biscuits; place on buttered tins; let stand ½ hour; bake 15 minutes until a very light brown. Cover with a cloth a few minutes and slip off on the same until ready for use. All bread, biscuit, loaf cake or doughnuts made from yeast should rise after being mixed before being baked; if put into the oven or fried directly they are never light, as the dough has no chance to recover its elasticity.

# BROWN BREAD, NO. 2.

One pint each Indian meal and rye meal,  $\frac{1}{2}$  pint wheat flour,  $\frac{1}{2}$  cup molasses, I tablespoon salt,  $\frac{2}{3}$  cup yeast and I pint hot water; mix, let it rise, steam 3 or 4 hours and brown the top a little in the oven.

# BROWN BREAD, NO. 3.

One cup corn meal, I cup flour,  $\frac{2}{3}$  cup molasses,  $\frac{2}{3}$  teaspoon soda, little salt. Water enough to make medium batter which will-be enough to half fill 2 well greased baking powder (pound) cans, put on cover, steam 2 hours, set in oven  $\frac{1}{2}$  hour, let stand a few minutes before taking off cover (which must be greased as well as can), turn bottom side up and they will slide out easily; and unless I am mistaken you will have some loaves of brown bread you will be proud of, as well as easily made.

#### BOSTON BROWN BREAD.

Flour ½ pint. I pint corn meal, ½ pint rye flour; I teaspoon salt, I tablespoon brown sugar, 2 teaspoons baking powder, ½ pint water; sift flour, corn meal, rye flour, sugar, salt and baking powder together thoroughly; peel, wash, and well boil 2 mealy potatoes: rub them through the sieve, diluting with water. When this is quite cold use it to mix the flour, etc.. into a batter like cake; pour it into a well-greased mold, having a cover (a tin pail will do), place it in a kettle or sauce pan half full of boiling water, when the loaf may steam or simmer I hour; then take off the cover and bake in the oven ½ hour.

# CORN BREAD.

One pint corn meal, I pint flour, I pint buttermilk, I teacup molasses, I teaspoon soda, I teaspoon salt. Bake just 2 hours.

# CORN BREAD, NO. 2.

One pint buttermilk, 2 eggs, I pint corn meal, 2 tablespoons melted butter, a little salt and I teaspoon soda.

# CORN BREAD, NO. 3.

Mix well with 2 quarts corn meal, 3 pints warm water, I table-spoon sugar, I teaspoon salt, and a large tablespoon hop or brewer's yeast. Set in a warm place about 5 hours until it rises well; then add about 3/4 pint wheat flour and 1/2 pint warm water, and let it stand to rise again, about I 1/2 hours. Pour into a pan well greased with butter. Let it stand to rise a few minutes, and bake in a moderately hot oven nearly I 1/2 hours. It is good hot or cold. Corn bread made essentially after this recipe carried off the prize among a hundred exhibitors, on the score of quality and economy.

# CORN BREAD, NO 4.

Two tablespoons sugar, I tablespoon butter, 2 eggs, stir all together; add I cup milk, 3 teaspoons baking powder, 3/4 cup corn meal, flour enough to make quite stiff. Steam or bake until done.

# FAMOUS SOUTHERN CORN BREAD.

Take I egg, I teaspoon salt, and I of soda (if the milk is very sour it will take more soda), and I ½ pints buttermilk; then put in white corn meal enough to make a nice tolerably thick batter. It is very nice baked in a bread pan, but we like it best baked in gem irons, or muffin irons, as some people call them. Whatever it is baked in must be well greased and smoking hot when the batter is put in. Serve while hot. Corn bread never was intended to be eaten cold.

# GRANDMOTHER'S INDIAN BREAD.

Three cups milk, 3 cups corn meal, I cup flour, ½ cup molasses, I teaspoon soda, I teaspoon salt. Put into a buttered bake dish, and set in a steamer and steam 3 hours.

# GRAHAM BREAD.

To a small bowl of bread sponge put I quart milk and water, ½ of each; I large spoon molasses and I of sugar, I teaspoon soda, I tablespoon salt. Mix this together and stiffen with Graham flour a little stiffer than cake; let rise like other loaves and bake.

# GRAHAM BREAD, NO. 2.

Take 1½ cups water or milk and a small piece butter or lard mix quite thick with Graham flour or Arlington wheat meal, which is better; add ½ cup good yeast and set to rise over night. In the morning dissolve ½ teaspoon soda in a little water, and add ½ cup molasses; stir this into the bread, mix quite soft and put in baking tin to rise. Bake thoroughly. A nice rye and wheat loaf may be made in the same way, using 1½ cups sifted rye and the rest wheat flour. If you wish a light colored loaf use only 1 cup of rye and sweeten with sugar.

# BAKING POWDER GRAHAM BREAD.

One and one-half pints Graham flour, ½ pint flour, I tablespoon sugar, I teaspoon salt, 2 teaspoons baking powder; mix with 1½

pints milk, or equal parts of milk and water. Sift together Graham, flour, sugar, salt and baking powder; add the milk, or milk and water, mix rapidly into a soft dough, put into a greased tin, bake in rather hot oven for 40 minutes. Protect the loaf with paper the first 15 minutes.

# QUICK GRAHAM BREAD.

One and one-half pints sour milk,  $\frac{2}{3}$  cup cooking molasses,  $\frac{1}{2}$  teaspoon salt, 2 even teaspoons saleratus dissolved in a little hot water, and as much Graham flour as can be stirred in evenly with a spoon. Put into a well-greased pan, and bake immediately. It will require from  $1\frac{1}{2}$  to 2 hours to bake.

#### HOYLETON BREAD.

Five cups Indian meal, 7 cups wheat flour, 2 cups rye meal, 4 cups buttermilk, 2 cups sweet milk, ½ cup molasses, 2 teaspoons salt, 2 teaspoons soda. Put it in a 3-quart pail that has a cover; let it stand near the fire 30 minutes with the cover off to rise, then put on cover and bake or steam 4 hours.

# NORWEGIAN BREAD, FOR DYSPEPTICS.

One pint barley meal, ½ pint Graham, ½ pint flour, I teaspoon salt, 2 teaspoons baking powder, I pint milk. Sift together barley meal, Graham, flour, salt and powder. Mix into a firm batter with the milk, pour into a greased tin, and bake in a moderate oven 40 minutes; cover with a greased paper the first 20 minutes.

# OAT MEAL BREAD.

One-half pint oat meal, 1½ pints flour, ½ teaspoon salt, 3 teaspoons baking powder, ¾ pint milk; boil the oat meal in 1½ pints salted water for I hour. Then dilute it with the milk. Set aside to get perfectly cold. Sift together flour, salt, powder, and, when the oat meal preparation is cold, place it in a bread bowl; add to it the flour, etc.; mix smoothly together, pour from the bowl into the greased tin, and bake in a moderate oven ¾ of an hour; protect the loaf with paper the first 20 minutes.

# RYE BREAD.

Make a sponge as for wheat bread, and let it rise over night; then add  $\frac{2}{3}$  cup molasses, I teaspoon salt, I quart milk and water—equal parts—and mix with rye flour, not as stiff as wheat bread, and bake.

# RYE AND INDIAN BREAD.

Scald 2 quarts Indian meal by pouring over it just boiling water enough to wet it; add I quart rye meal or flour, ½ teacup molasses, 2 teaspoons salt, I of soda, I cup yeast; make as thick as can be stirred with a spoon, mixing with warm water, and let rise over night; put in a bake tin, let stand ½ hour, and bake from 4 to 6 hours.

# RYE BREAD WITH BAKING POWDER.

One pint rye flour, ½ pint corn meal, ½ pint flour, I teaspoon sugar, I teaspoon salt, 2 teaspoons baking powder, I tablespoon lard, nearly I pint milk. Sift together rye flour, corn meal, flour, sugar, salt and powder; rub in the lard cold; add the milk and mix into a smooth batter, as for cake; pour into a well-greased tin, and bake in a moderate oven ¾ hour; protect with a paper the first quarter.

# RICE BREAD.

Boil I cup rice in I pint water; when tender, add ½ pint milk; when cold, add I½ pints flour sifted, with I teaspoon sugar, ½ teaspoon salt, 2 teaspoons baking powder; mix together smoothly, pour into greased tin, and bake 40 minutes.





# CHAPTER II.

# BREAKFAST AND TEA CAKES.

Begin with your flour, sifting it with baking powder, if used, then mixing in the shortening until the 2 substances become one; then add the wetting (as little as will do) and, handling lightly, with no kneading, roll out and place on the tins as quickly as possible.

To make biscuits a nice color, wet the top with warm water just before placing in the oven. To glaze, brush lightly with milk and sugar, or the well-beaten yolk of an egg sweetened, and a little milk added.

All biscuit should be pricked with a fork before putting them in the oven.

# LIGHT BISCUIT.

In kneading bread, set aside a small loaf for biscuits. Into this work I heaping tablespoon lard and butter mixed, and I teaspoon sugar. The more it is worked the whiter it will be. As it rises, mould it down twice before making into buscuit. Roll out and cut with a biscuit cutter. The dough should be quite soft.

#### BUTTER BISCUIT.

Sift I quart flour into a pan, and make a hollow in the center large enough to admit I pint milk and I coffee cup yeast; mix into a sponge, set it to rise; in the morning add I pound melted butter, and knead as much flour as will, with another pint of warm milk or water, make a soft dough; Cut out the biscuit and put in pans to rise; when sufficiently light, bake in a well heated oven.

# DROP BISCUIT.

Three cups sifted flour, 3 teaspoons baking powder, 2 tablespoons lard, a little salt. Mix baking powder and salt into the flour, add

the lard, and cold water enough to make a batter or dough as stiff as can be stirred with a spoon, and drop by spoonfuls on greased tins, or into gem pans. This is a nice way to make biscuit for tea when one does not care to put the hands into the dough, or have the muss of the kneading board.

#### DIXIE BISCUIT.

Three pints flour, 2 eggs, 2 tablespoons lard, I small cup yeast, I cup milk; mix at II o'clock, roll out at 4 o'clock, and cut with 2 sizes of cutters, put the smaller ones on top; let rise until supper. Bake 20 minutes.

#### SODA BISCUIT.

One quart sifted flour, I even teaspoon soda dissolved in I pint buttermilk, or sour milk, I heaping tablespoon lard, and a pinch of salt. Bake in an oven—not too hot—after raising 15 or 20 minutes. If sour cream is to be had, use it instead of milk, leaving out the shortening.

# SQUASH BISCUIT.

One pint strained squash, ½ cup yeast, I small cup sugar, and a piece of butter the size of an egg. Beat the squash, butter and sugar thoroughly, add yeast and beat again, add flour till quite stiff to stir with a spoon, let it stand over night; in the morning put in gem pans, or make into biscuit, let rise and bake. These should be eaten while hot.

# SQUASH CAKES.

One pint sifted flour (generous), I cup dry squash, 2 tablespoons sugar, I egg, butter size of a walnut, little salt, 2 teaspoons baking powder. Mix with sweet milk to consistency of muffins, bake in muffin tins 20 minutes.

Sift flour, sugar, salt and powder together, rub in butter, beat up squash and egg with little milk, and turn into flour, add more milk as required.

### BAKING POWDER BISCUIT.

To begin with, have a hot oven; have the flour sifted and roll dough as soft as it can be handled. Then more baking powder is needed than is usually given. For each teacup flour use a teaspoon powder; butter the size of a hen's egg is sufficient for a quart of flour; after rubbing powder and butter into the flour, mix soft with cold water or milk, stirring with a spoon; roll lightly and bake at once.

### CREAM OF TARTAR BISCUIT.

One quart flour, I tablespoon butter, I tablespoon lard, ½ teaspoon salt, I teaspoon soda, 2 teaspoons cream of tartar. Sift the flour and cream of tartar together, rub the butter and lard very thoroughly through it; dissolve the soda in I pint milk or water (if water, use more shortening); mix all together. Roll out, adding as little flour as possible; cut with a biscuit cutter, and bake immediately in a quick oven.

### ENGLISH BISCUIT.

One and one-half pints flour, I coffee-cup corn-starch, 3 table-spoons sugar, a large pinch salt, 2 large teaspoons baking powder, 3 tablespoons lard, I egg, ½ pint milk, ½ cup currants, I tablespoon coriander seed (if desired). Sift together flour, corn-starch, sugar, salt and baking powder; rub in the lard cold; add the eggs beaten, milk, currants well cleaned; mix into a smooth dough soft enough to handle, flour the board, turn out the dough, roll it out ½ inch thick, cut out with a round cutter, lay them on a greased baking-tin, and bake in a rather hot oven 20 minutes; rub over with a little butter on a clean piece of linen when taken from the oven.

## GRAHAM BISCUIT.

Take 3 cups Graham flour, 1 cup wheat flour, 2 large teaspoons baking powder, well mixed with the flour, rub in 2 large tablespoons butter, a little salt, ½ cup sugar, 1 beaten egg, and enough

milk (cold) to make a soft dough, roll out, cut with biscuit cutter, and bake immediately.

## COCOANUT BISCUIT.

Remove the shell and dark skin from a fresh cocoanut and grate it. Simmer it slowly for ½ hour in I quart milk, and then squeeze all the milk from the nut in a strong towel. Add to the milk I cake compressed yeast, or I gill liquid yeast, a teaspoon salt, and flour enough to make a soft dough; let it rise until light, and then knead and bake in form of small loaves or biscuits.

### BALTIMORE APPLE-BREAD.

Prepare a dough exactly as if for rusks. When it is very light, roll it about ½ inch thick. Spread stewed apples over half of the dough and fold over the remaining half. Put in a pan to rise. Then bake in a moderate oven. Have some thinly sliced apples stewed, and when the bread is baked lay them all over the top. Sprinkle with sugar, small bits of butter and cinnamon. Put back in the oven long enough for the sugar to form a coating. Slice thin for tea.

### POTATO BUNS.

Boil 4 good sized potatoes, mash and sift through a sieve; add 1½ pints flour, 2 tablespoons baking powder, 1 pint milk or cream. Form in small cakes and bake in a greased tin 20 minutes.

### BUNS.

Break I egg into a cup and fill the cup with milk; mix with ½ cup yeast, ½ cup butter, I cup sugar, enough flour to make a soft dough; flavor with nutmeg; let rise till very light, then mold into biscuits with a few currants; let rise the second time and bake, and when nearly done glaze with a little molasses and milk.

# BUNS, NO. 2.

Take I quart flour, mix with it  $\frac{1}{2}$  teaspoon salt, 3 teaspoons baking powder; mix thoroughly. Then rub in  $\frac{1}{2}$  cup butter, 4

eggs, I pint milk. Pour the batter into gem-pans and bake in a quick oven.

# BUNS, NO. 3.

One cup butter, I cup sugar, ½ cup yeast, ½ pint milk; make stiff with flour and mold into biscuits; when light, bake.

### CORN CAKES.

Three cups corn meal, I cup Graham flour, 2 teaspoons cream yeast powder, sifted together; I cup cream and ½ cup milk, I egg well beaten; stir together well and quickly, heat your gem-irons hot, butter and fill, bake with a brisk heat. Gem-tins or forms do not need to be heated before filling, they may be oiled and filled on the table, and put into a quick oven.

# CORN CAKES, NO. 2.

Six tablespoons corn meal, 3 tablespoons flour, 3 tablespoons sugar, 1 cup sour milk, 1 egg, ½ teaspoon soda. Salt to taste.

### EASTER BUNS.

Three cups sweet milk, I cup yeast; flour to make thick batter. Set this as a sponge over night. In the morning add I cup sugar, 1/2 cup butter, melted, 1/2 nutmeg, I saltspoon salt. Flour enough to roll out like biscuit. Knead well and set to rise 5 hours. Roll 1/2 inch thick, cut into round cakes, and lay in rows in a buttered baking-pan. When they have stood 1/2 hour, make a cross upon each with a knife, and put instantly into the oven. Bake to a light brown, and brush over with a feather or a soft bit of rag, dipped in the white of an egg, beaten up stiff with white sugar. These are the "hot cross-buns" of the "London cries."

### HOMINY CAKES.

Cold hominy left from breakfast one morning may be utilized the next in cakes. Mix with cold hominy an equal amount of wheat flour until perfectly smooth; add I teaspoon salt, and thin off with buttermilk, into part of which I teaspoon soda has been dissolved;

when of the consistency of corn cakes, add I dessertspoon melted butter, and bake as usual.

## JOHNNY CAKE.

Two eggs, 3 cups buttermilk or sour milk, ½ cup lard, ½ cup sugar, 1 cup flour, 1 teaspoon saleratus, ½ teaspoon salt, 3 cups Indian meal.

# RICH JOHNNY CAKE.

One cup white corn meal, I cup flour, ½ cup white sugar, I cup cream, and I egg, or I cup milk and 2 eggs, I teaspoon soda, dissolved in hot water; 2 teaspoons cream of tartar, sifted in the flour; I saltspoon salt.

## NEWPORT BREAKFAST CAKES.

Three eggs, 3 spoons sugar, 1½ pints milk, ½ cup butter, 3 teaspoons baking powder. Stir stiff with flour and bake in loaves, like cakes.

#### NORTHUMBRIAN CAKES.

These are such delicious little dainties that the only danger in making them is, that having once tasted them, we want to indulge in the luxury too often. Put I pound finest flour into a bowl with ½ teaspoon salt; rub into this until perfectly smooth ½ pound fresh butter, then add 1/2 pound currants, nicely picked and cleaned, and I heaped teaspoon baking powder. Mix these ingredients well, then form them into a light paste with water, milk and water, or better still, all milk. Of course, if milk is used the cakes will be whiter and taste richer than if mixed with water. Have the paste board nice and clean with a little flour sprinkled over; turn out the paste on this and gently knead it with the hand for a minute, but the less the paste is handled the better. Flour the rolling-pin and roll out the paste to the thickness of ½ inch. It is now ready to be baked on the girdle-or griddle, as it is called in America-and either be cooked as one large cake, or several small ones. The latter method is the best as the large cakes are so difficult to turn without breaking. The small ones are stamped out with a tin cutter, or failing this the top of a tumbler. To prevent the paste sticking dip the cutter every now and again into flour. Have the griddle placed over a low clear fire, or upon a moderately hot stove, and when quite hot—not before—put on the cakes. About 15 minutes will be required for baking the cakes thoroughly. Avoid above all things baking them too quickly, as a cake not sufficiently done in the centre is most indigestible, as well as disagreeable. When the under side of the cakes is nicely colored, turn them over and brown the other side the same. As soon as they are removed from the griddle slit them open, butter liberally, and arrange them neatly on a hot plate. These cakes are very delightful when eaten cold, but of course they taste richer when hot, so we generally bake them just when wanted.

### POTATO DROP CAKES.

To 2 cups mashed potato add 2 cups warm milk, I tablespoon melted butter, 2 beaten eggs, ½ cup prepared flour, and ½ teaspoon salt. Beat the whole hard and drop in great spoonfuls on a greased griddle. Serve very hot as soon as they are baked.

#### POTATO CAKES.

Take cold mashed potatoes, mix 2 beaten eggs with them, season if necessary, flour the hands and mix into oblong cakes. Fry in beef drippings and butter. Turn carefully when browned on the under side.

# POTATO CAKES, No. 2.

Take I quart mashed potatoes, add I tablespoon lard or butter, enough flour to roll stiff, I teaspoon baking powder; knead stiff, roll out about ½ inch thick, and cut as for biscuit, bake in quick oven to light brown; cut open, spread with butter and eat warm.

### PUFF CAKES.

Take I pint flour and I level teaspoon salt, sift into a bowl and mix gradually with fresh sweet milk to the consistency of cream. It will require I pint milk, perhaps more, as flour varies in

the amount of fluid necessary to mix it to a given consistency, the best flour always requiring the most. The inexorable rule for these muffins is that the batter must be thin. Break 3 eggs into a bowl and beat light with an egg whip, add these to the batter just before you put it to bake. With nice lard, grease well 3 sets of gempans, fill them almost level full and set them in a quick oven. The muffins will be done in 15 minutes, and should be buttered and eaten immediately. Never put lard in them or they will not be fit to eat. If made according to these directions they will demonstrate the appropriateness of their name by puffing up to an astonishing height, and will be as light as the time-honored feather.

## POCKET BOOKS.

One quart warm water or milk, 2 eggs, 3 teaspoons sugar, I cup yeast, 4 tablespoons melted butter; add flour to make a sponge, and set to rise; when it is risen work it over and set to rise again; when light put in a piece of soda the size of a bean; roll out, spread the surface with butter, cut in squares and double over to form a pocket book shape; put in a pan and let stand till light, then bake.

### PROVERBS.

One cup rich milk, I egg, 2 cups flour, I teaspoon baking powder, a little salt; beat together thoroughly, fill buttered cups half full and bake in a hot oven.

#### PUFFETS.

One quart flour, I pint milk, 2 eggs beaten light, butter size of an egg, 3 tablespoons sugar, 3 teaspoons baking powder; bake quickly.

#### ROSETTES.

To 3 eggs, the yolks beaten very light, add I quart milk, a piece of butter the size of an egg cut in little pieces into the milk and eggs, 3 coffee-cups flour, a little salt, 3 teaspoons baking powder, and lastly the whites of the eggs beaten very light and stirred quickly into the mixture. Bake in a quick oven.

### POP OVERS.

Two cups milk, 2 cups sifted flour, I heaping teaspoon baking powder, butter size of a walnut, 2 well-beaten eggs, I tablespoon sugar, a little salt. Bake in hot gem-pans 20 minutes.

### RYE DROP CAKES.

Two cups sour milk, I well-beaten egg, I teaspoon soda dissolved in boiling water, and enough rye meal to make a batter. Mix together the milk, meal and egg, add the soda, and beat thoroughly; bake immediately on a hot griddle or in gem pans.

### SCONES.

Thoroughly mix I quart sifted flour, 2 heaping teaspoons baking powder; then rub into ¼ pound butter and enough milk to make a smooth paste; roll out the paste to ¼ inch thick and cut it into triangular pieces, each side of which is about 4 inches long; put them into a greased tin and bake immediately in a very hot oven; when half done brush them over with sweet milk.

### SCOTCH SCONES.

Sift together I quart flour, I teaspoon sugar, ½ teaspoon salt, 2 heaping teaspoons baking powder; rub in I large tablespoon lard cold; add 2 beaten eggs and nearly ½ pint milk; mix into a smooth dough, knead up quickly and roll out to ⅓ inch thick, cut out with a knife into squares larger than soda crackers, fold each in half to form three-cornered pieces, bake on a hot griddle 8 or 10 minutes; brown on each side.

### SALLY LUNN.

Sift together I quart flour, I teaspoon salt, 2 teaspoons baking powder; rub in  $\frac{2}{3}$  cup butter cold; add 4 beaten eggs,  $\frac{1}{2}$  pint milk; mix int 1a firm batter like cup cake, pour into 2 round cake-tins, and bake 2 minutes in a pretty hot oven.

# SALLY LUNN, NO. 2.

Two eggs well beaten, a piece of butter the size of an egg melted, I teaspoon salt, 3 teaspoons baking powder, 2 tablespoons sugar, 2 cups milk, flour enough to make a stiff batter; 3 tablespoons yeast instead of baking powder, and let rise for 8 hours, are preferred by those who dislike the baking powder. Sugar can be omitted if not liked.

### SLY CAKE.

Make about a pound of rich pastry, divide into 2, and roll each piece out ¼ inch thick. Cut them a neat square shape, and spread over one half a thin layer composed of currants, nicely picked and cleaned, finely chopped lemon peel, and a seasoning of mixed spice; a little sugar is sometimes added as well. Cover with the other half of the pastry, moisten the edges, press them firmly together, and mark the cake in small squares where it has afterwards to be cut. Bake it on a buttered cake-tin—or baking-tin—in a well heated oven for ½ or ¾ of an hour, according to the heat of the oven. When sufficiently cooked, divide it into squares, dust fine white sugar over the top, and serve either hot or cold.

#### TEA CAKE.

One cup sugar, I tablespoon butter, 3 eggs; beat well together, then add I cup milk (you may use part water), and I quart sifted flour, into which you have mixed I spoon cream of tartar and ½ teaspoon soda; bake in a quick oven. It is improved by sprinkling sugar over the top before baking. This will make two cakes, which are best when eaten warm.

# TEA CAKE, NO. 2.

Two eggs and 2 tablespoons sugar beaten together; 3 cups flour, I cup milk, I teaspoon soda, 2 teaspoons cream of tartar, or their equivalent of baking powder; add last 2 tablespoons melted butter; bake ½ hour in square tins. To be eaten hot with butter. Very nice.

### YORKSHIRE TEA CAKE.

Some persons who do not feel very confident about their powers of digestion prefer these to griddle cakes. They are not quite so rich, and can therefore be eaten with greater freedom, and certainly as a dainty, and at the same time, a wholesome addition to the tea table, they are difficult to surpass. One advantage which these tea cakes possess is, that they can be re-heated, and will be just as good 3 or 4 days after being baked.

For a dozen ordinary sized tea cakes the ingredients required would be: 3 pounds flour, I teaspoon salt, 3/4 pound fresh butter, 1/2 pound pure lard, 1/2 pound currants, the same quantity of sultanas, 4 ounces lemon peel (candied), I teaspoon mixed spice, 2 tablespoons white sugar, and 3 ounces fresh German yeast, or what would be equal to it in home-made yeast.

Put the yeast—if German—into a basin with I teaspoon flour and the same of sugar. Mix to a smooth paste with lukewarm water and beat it gently with the back of a small wooden spoon until entirely free from lumps; then add 1/2 pint more of lukewarm water, stir for a minute, then set in front of the fire to rise. For home-made yeast, this of course, is not necessary. Put the flour into a bowl large enough to hold 3 or 4 times the quantity; rub into it the butter and lard, then add all the other dry ingredients, thoroughly mixing each one with the rest. When this is done, form a hole in the centre and pour in the yeast when sufficiently risen. Add lukewarm milk, working the mixture gently with the hand, until it becomes a nice light dough. Cover the bowl with a cloth and set it in a warm place for about 3 hours, when the dough ought to be sufficiently risen to make up into cakes. Divide it into twelve pieces of equal size; knead each one as lightly as possible, then slightly flour the paste-board and rolling-pin, and roll the cakes out to the thickness of an inch. Prick them with a fork, and place them on well-greased baking-tins, quite an inch apart; set the tins before the fire a few minutes until the cakes are well risen, then bake them in a moderate oven from ½ to ¾ of an hour. If the oven is too hot the cakes will not be cooked thoroughly, and if too

cold, they will fall and become heavy; some judgment therefore must be exercised. If the tea cakes are to be eaten hot, cut them open as soon as done, butter freely, and place them on hot plates. Dust some fine white sugar over the top and divide into neat-sized pieces, cutting from the centre. If they are sent to the table cold, cut them in thin slices, crosswise, butter well, and arrange neatly on the plates.

### PLAIN SHORT CAKE.

One quart flour, I saltspoon salt, 2 heaping teaspoons baking powder; mix thoroughly; then add ¼ pound butter I-8 pound lard, and enough cold water to make a thick paste. Roll out about ¼ inch thick, and cut into squares; prick with a fork and bake immediately.

# SCOTCH SHORT CAKE,

Sift together 1½ pints flour, 4 tablespoons sugar, ½ teaspoon salt, I heaping teaspoon baking powder; rub in 4 tablespoons butter cold, add 3 beaten eggs, nearly I cup milk, I teaspoon extract of orange, or lemon; mix into a smooth dough without much handling, and roll out to the thickness of ¼ inch, and cut into shape of small envelopes; wash over with milk, and lay on each 3 thin slices of citron, and a few caraway seeds. Bake in a moderate oven 20 minutes.

## PEACH SHORT CAKE.

One quart prepared flour, 2 cups milk, blood warm, 2 tablespoons lard and 1 of butter, ½ teaspoon salt, 1 can peaches. Rub or chop the shortening into the salted flour, wet with the milk and roll into a sheet ½ inch thick. Line a broad, shallow baking pan with half of this; drain the liquor from the peaches, lay them out on a cloth to get rid of all the juice that will come away; put them in a thick layer on the paste in the pan, strew with sugar, cover with the reserved crust, and bake in a good, not too hot, oven. When done cut in squares and pile on a plate. Split, and eat with butter and sugar.

### SWEET POTATO SHORT CAKE.

Remove the skin from 2 or 3 medium-sized sweet potatoes, left over, and mash them nicely, and mix in about 3 ozs. (3 small table-spoons) flour, salt and pepper to taste, a good lump of butter. and warm milk enough to make a good dough. Roll this out on the kneading board, and cut out a cake about the size of your bakingtin; butter the tin well, and scatter a little flour over it; then lay in; when you think it is nearly done, turn it over. If the bottom of the oven is very hot, put a grate under the baking-tin to prevent getting too much browned. The danger of burning is lessened if instead of one cake you cut the dough in biscuit shape about 2 inches thick. If covered while baking the cakes will be more moist. These can be made of other potatoes as well as the sweet ones. Very nice.

## BAKING POWDER.

Cream Tartar Baking Powder.—Best cream tartar 30 ounces, bicarbonate soda 15 ounces, flour 5 ounces, or in these proportions. Dry each ingredient thoroughly before mixing. Mix by sifting several times, and keep it dry.

Baking Powder, No. 2.—Mix ½ pound cream of tartar to ¼ lb soda (or in these proportions) and all mixed at once, if dry, and kept in an air tight box in a dry place, and thus you have always ready for use a better baking powder than you can buy.

Baking Powder No. 3.—Mix, by sifting several times, 9 ounces bicarbonate soda, 8 ounces tartaric acid, and 10 ounces flour or starch.

Baking Powder, No. 4.—Sixteen ounces corn-starch, 8 ounces bicarbonate of soda, 5 ounces tartaric acid; mix thoroughly.

# FRITTERS.

#### FRITTERS.

Make a batter of I pint milk, 3 eggs, a little salt, and flour enough to make rather a thick batter. Beat it well and drop in hot lard.

### APPLE FRITTERS.

Beat 3 eggs very lightly, then stir in I teaspoon salt, ½ cup sugar, I pint milk, 2 cups chopped apple, and 2 cups flour. Flavor with nutmeg. Stir all well together and fry in lard as pancakes. Sift sugar over them and send to the table.

## BLACKBERRY FRITTERS.

Mix I cup blackberries with 1½ cups common batter and drop by tablespoons into hot lard.

All berry fritters can be made as directed for the above and served with spiced sauce made as follows: Set on the fire 3/4 pint water, I cup sugar; boil 20 minutes, remove from the fire and add I teaspoon each of extract cloves, mace, and ginger.

### BEEF FRITTERS.

Chop pieces of steak or cold roast beef very fine, make a batter of milk, flour and an egg, and mix the meat with it. Put a lump of butter in a saucepan, let it melt, then drop the batter into it from a large spoon. Fry until brown; season with pepper and salt and a little parsley.

#### BROWNIES.

Into I pint soup stock stir 2 tablespoons browned flour and butter, 3 browned onions, 2 tablespoons tomato or mushroom catsup, pepper and salt and the turkey giblets, minus the liver, cooked and chopped fine. Thicken to the consistency of blanc-mange with Graham or whole wheat flour, or, better still, Graham farina. While boiling, stir slowly in the stiffly beaten white of I egg. Fill small cups 1/3 full, or spread on a baking-pan to cool over night.

Cut into any fancied shape, dust with fine bread crumbs, dip in egg, then in bread crumbs, and fry brown in hot fat or put a bit of butter on each and brown in the oven.

## CELERY FRITTERS.

Boil some thick but tender stalks of celery in salted water; when done dry them on a cloth, cut them in equal lengths about 1½ inches; fry them in batter to a golden color, sprinkling fine salt well over, and serve.

### CLAM FRITTERS.

Twelve clams, minced fine, I pint milk, 3 eggs; add the liquor from the clams to the milk; beat up the eggs and put to this, with salt and pepper, and flour enough for thin batter; lastly, the chopped clams; Fry in hot lard, trying a little first to see if the fat and batter are right. A tablespoon will make a fritter of moderate size. Or you can dip the whole clams in batter and cook in like manner. Fry quickly, or they are apt to be too greasy.

## GREEN CORN FRITTERS.

Grate green corn from the cob, and allow I½ eggs for every cup, with I tablespoon milk or cream; beat the eggs well; add the corn by degrees, beating very hard; salt to taste. Put I tablespoon melted butter to every pint of corn; stir in the milk, and thicken with just enough flour to hold them together—say I tablespoon for every 2 eggs. You may fry in hot lard, as you would fritters, or cook upon a griddle like batter cakes. Eaten at dinner or breakfast, these always find a cordial welcome:

# GREEN CORN FRITTERS, NO. 2.

Two cups grated corn, 2 eggs, 1 cup milk, flour for thin batter, a pinch of soda, salt, 1 tablespoon melted butter. Mix and fry as you would griddle cakes.

## LOBSTER FRITTERS.

Put I lobster in 2 quarts boiling water with ½ cup salt; boil 25 minutes; when cold remove the meat and fat, cut into small slices;

put I tablespoon butter, I tablespoon flour, I cup cream, a little celery, salt, thyme, white pepper, and a saltspoon parsley, into a stew-pan; let boil 2 minutes; add yolks of 4 eggs, and the lobster; mix and set it back to simmer five minutes; pour it on a well-greased dish and set it away to get firm by cooling; cut into slices, dip into common batter and fry to a light brown in hot lard. Serve on the fritters a few sprigs of parsley, quite dry, fried in the lard 15 seconds.

### MEAT FRITTERS.

Any tender cold meat, but especially roasted or boiled chicken, makes excellent fritters. Chop the meat, whatever it may be, and place in a dish; season with salt and pepper, and pour the juice of a fresh lemon over them. Prepare the meat about an hour before making the fritters. Stir the meat into any good fritter batter; then drop a large spoonful of it at a time into boiling hot fat and fry to a light brown. Drain out of the fat and serve very hot.

### ORANGE FRITTERS.

Two cups milk, 3 eggs, 1½ cups prepared flour, 6 sweet oranges, peeled, sliced and seeded, a pinch of salt. Make a batter of the eggs, milk, flour and salt. Dip into this the slices of oranges and fry them in boiling lard. Drain in a colander on white paper and eat hot with a sauce made by creaming 2 tablespoons butter in 1 cup sugar and flavoring with lemon juice.

#### OYSTER FRITTERS.

Drain them thoroughly, chop fine, season with pepper and salt. Make a batter of eggs, milk and flour; stir the chopped oysters in this and fry in hot butter; or fry them whole, enveloped in batter, one in each fritter. In this case the batter should be thicker than if they were chopped.

### PEACH FRITTERS.

Make a batter of 2 well-beaten eggs, ½ pint milk, a little salt, and flour enough to thicken; beat very smooth and light, and add a table-

spoon butter or olive oil. Peel and cut the peaches in halves; dip them in the batter and fry them in boiling fat until they are a delicate brown. Serve on a hot dish and sprinkle with powdered sugar.

### PARSNIP FRITTERS.

A very nice way to cook parsnips is as fritters. Take 3 large parsnips boiled till soft, scrape and mash fine, picking out all strings and lumps; add 2 beaten eggs, 2 tablespoons new milk, and 2 of sifted flour, an even teaspoon salt, ½ teaspoon pepper,; mix thoroughly; make into small cakes, flour them and fry brown in butter or oil; eat with butter.

### RICE FRITTERS.

Boil I cup rice in I pint milk until soft; add the yolks of 3 eggs, I tablespoon sugar, 2 tablespoons butter, 2 tablespoons flour; when cold add the whites of the eggs whipped to a stiff froth; drop in spoonfuls in plenty of hot lard and fry to a light brown color. Serve with cream or lemon sauce.

## GEMS.

# CORN GEMŞ.

Two cups corn meal, 2 cups flour, 2 cups sweet milk, 2 eggs, 3 heaping teaspoons baking powder, ½ cup butter and ½ cup sugar. Bake in gem-pans.

## COLD WATER GEMS.

Take cold water, Graham flour, and a little salt, make rather a stiff batter; heat and grease the irons, or tins, and bake 20 minutes.

#### GRAHAM GEMS.

One egg well beaten, a pinch of salt, I pint sour or buttermilk, I teacup syrup, 3/4 teacup lard, I heaping teaspoon soda, Graham

flour enough for stiff batter; drop by spoonfuls into buttered gemrings; bake in hot oven till light brown.

#### PLAIN GRAHAM GEMS.

One pint milk, I pint Graham flour, saltspoon salt; beat well; heat the gem-pan hot, butter it and drop the dough into the sockets with a spoon, filling each ½ full.

### GRAHAM GEMS.

One cup Graham flour, 2 eggs, 2 cups milk, ½ teaspoon salt. Have the gem-pans hot and the oven hot, and 20 minutes will be long enough to bake them.

# GRAHAM GEMS, NO. 2.

Seven tablespoons Graham, 4 tablespoons flour, I tablespoon sugar, I½ teaspoons baking powder, salt to taste; mix with water; stir but little; have the batter stiff; bake in iron gem-pans, which heat hot before filling.

### HOMINY GEMS.

One pint fresh boiled hominy (or, cold hominy may be used; if the latter, break into grains, as lightly as possible, with a fork, and heat in a farina kettle without adding water), I tablespoon water, 2 eggs—whites and yolks beaten separately. Stir the yolks into the hominy first, then add the whites, and I teaspoon salt, if the hominy has not been salted in cooking; or, if it has, use ½ teaspoon. Drop, in tablespoonfuls, on well buttered gem-tins, and bake to a good brown in a quick oven.

### MIXED GEMS.

One-half pint Graham, ½ pint corn meal, ½ pint rye flour, ½ pint buckwheat flour, I teaspoon salt, 2 heaping teaspoons baking powder, I pint rich milk; mix into a thin batter, then half fill well-greased gem-pans. Bake in hot oven 15 minutes.

#### OATMEAL GEMS.

Soak I cup oatmeal over night, with I cup water. In the morning sift together, dry, I cup flour and 2 teaspoons baking powder, add a little salt, mix the oatmeal and flour together, wet with sweet milk to a stiff batter, drop into gem-pans and bake immediately.

## GRIDDLE CAKES.

On cold, winter mornings pancakes of all kinds hold an important place at the breakfast table; the buckwheat cake the most cherished of all. When properly made, this is the most delicious of all the griddle cakes.

The batter for wheat flour and buckwheat cakes should be made moderately thin, and baked on a smooth, quick griddle, using but very little fat. If you have a soapstone griddle no fat will be required.

## BUCKWHEAT CAKES.

Stir the flour in warm water to make a tolerably thick batter, using (for the first mixing) 2 or 3 tablespoons yeast, or one yeast cake to each quart flour, and a teaspoon salt. Mix in an earthen crock at night and set in a warm place. In the morning, if the batter be sour, add a little soda—not too much—dissolved in enough hot water and milk to make the batter of the proper consistency; stand in a warm place for a few minutes. The best thing for a greaser is a piece of fat pork. Leave enough of the batter in the crock to raise the next batch. In this way no more yeast will be required for several days.

Each time, when through baking, fill the crock with cold water to keep the batter sweet, which pour off at night and mix as before.

# BUCKWHEAT CAKES, NO 2.

Take, of equal parts of buttermilk and water, I quart, ½ cup yeast, a little salt; stir into a batter with buckwheat flour, let rise

over night; in the morning add  $\frac{1}{2}$  teaspoon soda dissolved in a little water. Bake on a hot griddle.

# BUCKWHEAT CAKES, NO. 3.

Two cups buckwheat, I cup wheat flour, 2 tablespoons baking powder, ½ teaspoon salt, all sifted well together. Mix with milk into a thin batter and bake at once on a hot griddle.

### CREAM PANCAKES.

Take the yolks of 2 eggs, mix them with ½ pint good cream and 2 ounces sugar and enough flour to make a thin batter; fry as thin as possible in lard, grate sugar over them, and serve hot.

### CORN MEAL GRIDDLE CAKES.

One pint corn meal, I of sour milk or buttermilk, I egg, I teaspoon soda, I of salt. Bake on a griddle.

### GREEN CORN GRIDDLE CAKES.

Six ears grated corn, 2 eggs, I pint milk, I tablespoon butter, a little salt, enough flour for thin batter. Bake on a griddle.

## DIXIE CORN DODGERS.

Place your griddle where it will heat, for this is much better than a bread-pan, there being less danger of scorching at the bottom. Take I even pint sifted meal, I heaping tablespoon lard, a pinch of salt, and a scant ½ pint cold water; mix well and let it stand while you grease your griddle and sprinkle some meal over it. Make the dough into rolls the size and shape of goose eggs, and drop them on the griddle, taking care to flatten as little as possible, for the less bottom crust the better. Place in the oven and bake until brown on the bottom. Then change to the grate, and brown on top, taking from 20 to 30 minutes for the whole process. Eaten while hot with plenty of good butter, they are better than any other bread.

The same amount of meal, lard and salt mixed with boiling

water, till of the consistency of thick batter, will give you delightful hot cakes, to be cooked like any other batter bread.

## EGG CORN CAKES.

One quart new milk, I pint sifted meal, I heaping teaspoon baking powder, 2 tablespoons butter, the whites of 6 eggs, beaten stiff. Bake on a hot griddle and serve immediately.

### FLANNEL CAKES.

One quart milk, 3 tablespoons yeast, I tablespoon butter, melted, 2 eggs well beaten, I teaspoon salt; flour to make a good batter. Set the rest of the ingredients as a sponge over night, and in the morning add the melted butter and eggs.

### GRAHAM GRIDDLE CAKES.

One pint Graham flour into which has been well mixed 2 teaspoons baking powder and ½ teaspoon salt; make a thin batter with milk and cook in thin cakes on a soapstone griddle.

### GENEVA GRIDDLE CAKES.

Two pints flour, 5 tablespoons sugar, ½ teaspoon salt, 2 of baking powder, 2 tablespoons butter, 4 eggs, milk enough for batter. Bake on a hot griddle, and sift over with powdered sugar.

### HOMINY CAKES.

Take two cups cooked hominy, and crush it with a potato masher until it is a smooth mass. Add I level teaspoon salt, 2 teaspoons baking powder, and I cup flour. Stir together, then add by degrees I quart milk, and lastly 3 well-beaten eggs. Bake in thin cakes.

### MINCE GRIDDLE CAKES.

Chop all the cold bits of meat you may have, of whatever kind, cooked of course; season with salt and pepper, make a griddle batter as for pancakes, lay a spoonful on the well-buttered griddle, then a spoonful of the chopped meat and part of a spoonful of batter over

the meat; when cooked on one side turn, and when done serve as hot as possible.

### MUSH BATTER CAKES.

Two cups corn meal mush, I of flour, 2 eggs, a pinch of salt; use sufficient sweet milk to make batter, and bake on hot, greased griddle.

### OAT GRIDDLE CAKES.

Two teacups oat meal mush, ½ teacup flour, I teaspoon each of sugar and baking powder, I teaspoon salt; mix the baking powder in with the flour, add cold water to make a thin batter, beat together thoroughly and bake immediately.

### PEA PANCAKES.

Boil the pease soft and mash them with a potato beetle. Whip into them I teaspoon butter, pepper and salt to taste, I egg, whipped light, I cup milk, and ½ cup flour into which has been thoroughly mixed I teaspoon baking powder. Bake on a griddle and eat very hot.

### RAISIN SPIRALS.

Two eggs, I cup sugar, ½ cup butter, I cup chopped raisins, ½ cup sour milk, I teaspoon soda dissolved in the milk; spice to taste; sufficient flour stirred in to make the mixture very stiff. Roll out quite thin, cut strips about 2 inches wide and 4 inches long, and roll around the fingers as if curling hair. Fry in butter till of a delicate brown. Sprinkle with granulated sugar.

### RYE GRIDDLE CAKES.

One cup Indian meal, 2 cups rye flour, ½ tablespoon molasses, 2 eggs, beaten light, hot milk to make ordinary batter. Scald the Indian meal with the milk, stir in the rye flour and the molasses, add the eggs, beat hard and fry.

### RICE GRIDDLE CAKES.

Rice griddle cakes are very delicious. The rice is cooked until perfectly soft, drained dry, mashed with a spoon until the grains are well broken up. For each cup of rice take 2 eggs, 1 pint milk, 1 heaping teaspoon baking powder, ½ teaspoon salt, and flour enough to make a thin batter.

# SWEET GRIDDLE CAKES.

A very delicious pancake is made by taking I pint milk, 4 eggs, 2 tablespoons powdered sugar, 2 tablespoons melted butter, I teaspoon baking powder, and flour enough to make a moderately thin batter. Beat the eggs, whites and yolks separately, until well frothed, stir the butter, sugar and I cup flour, into which the baking powder has been mixed, into the yolks, then add the milk and the whites. If needed, add more flour. Bake in small cakes, butter each one as it comes from the fire, place 4 in a pile, with very thin layers of any kind of sweet jelly between, and powdered sugar over the top. They should be baked very thin and four served to each person. These may be used as a dessert.

### SAUCE FOR PANCAKES.

One cup boiling water, I cup sugar, I tablespoon butter, ½ teaspoon cinnamon or nutmeg, juice and grated rind of a lemon. Stir sugar and butter into the boiling water, and add the lemon and spice after taking it from the fire.

#### TABLE SYRUP.

Take 1½ pints water, 4 pounds sugar, 1 teaspoon pulverized alum; put in a kettle and boil 3 minutes. Strain while hot. For maple syrup, 1 quart water for 4 pounds sugar.

# TABLE SYRUP, NO. 2.

The purest and richest syrup is made by dissolving sugar in the proportion of 3 pounds sugar to 1 pint water. Many persons prefer the flavor of syrup made of Orleans sugar to that made of the white.

# MUFFINS.

### BAKING POWDER MUFFINS.

One pint sifted corn meal, ½ pint flour, I tablespoon white sugar, a little salt and 2 teaspoons baking powder. Mix to a thick batter with sweet milk, and bake in muffin-rings.

## BUTTERMILK MUFFINS.

These have but to be tried to become a standing breakfast dish. Beat hard 2 eggs into I quart buttermilk, and stir in flour to make a thick batter, and lastly I teaspoon salt and the same of soda. Bake in a hot oven in well-greased tins. Muffins of all kinds should only be cut just around the edge, then pulled open with the fingers.

## CORN MEAL MUFFINS.

One egg, I teaspoon salt, I tablespoon lard, 3 teacups fresh buttermilk, 2 small teaspoons soda, and enough corn meal to make as thick as cake batter. Sift soda into meal and add salt last. Grease the muffin-pan well, and have hot enough to fry before putting in batter. Place in a hot oven and bake quickly.

#### ENTIRE WHEAT MUFFINS.

For a dozen muffins there will be required 1½ cups of entire wheat flour, I cup milk, ⅓ cup water, I egg, I teaspoon cream of tartar, ⅓ teaspoon salt, and 2 tablespoons sugar. Mix the dry ingredients and sift them into a bowl. Beat the egg until it is light, and add the milk and water to it. Pour this mixture upon the dry ingredients, and heat them quickly and vigorously. Pour the batter into buttered muffin-pans and bake for 25 minutes in a rather quick oven. The batter will be thin and will give a moist muffin, but that is as it should be.

### GRAHAM MUFFINS.

Two cups sour milk, I teaspoon saleratus, 2 eggs, a little salt, butter half the size of an egg, 3 cups Graham flour. Bake in rings.

# GRAHAM MUFFINS, NO. 2.

Two cups Graham flour, I cup milk, ½ cup sugar, I egg, butter the size of an egg, 2 teaspoons baking powder. Bake in rings 20 or 30 minutes in hot oven.

## LUNCH MUFFINS.

Beat 2 eggs, with 2 tablespoons sugar, to a cream; add I cup yeast, 2 cups milk, with I quart flour, and bake in buttered tins.

### MUFFINS.

One pint milk, 2 beaten eggs, 2 tablespoons melted butter, 2 tablespoons sugar, 2 teaspoons cream of tartar, I teaspoon soda, flour enough to make a batter that will drop from the spoon.

## MUFFINS, NO. 2.

Two eggs, 2 tablespoons sugar, I tablespoon butter, I pint flour, milk enough to make a batter, I teaspoon baking powder.

## POTATO AND CORN MUFFINS.

Two cups cold mashed potatoes, 2 cups milk, 2 eggs, well-beaten, 2 cups corn meal or enough for a batter. Soften the potato with the milk, working out all the lumps, then stir in corn meal till the batter is just thick enough to drop easily from the spoon; add the whipped eggs and beat hard. Drop into the gem-pans, oiled and hot, and bake in an even oven from 20 to 30 minutes.

### RICE MUFFINS.

One cup cold boiled rice, I pint flour, 2 eggs, I quart milk or enough to make a thin batter, I tablespoon lard or butter, I teaspoon salt; beat well and bake in a quick oven.

#### RYE MUFFINS.

One pint flour, I pint rye meal, 2 tablespoons yeast, milk enough to make a thick batter.

### WHITE MUFFINS.

One-half cup sugar, ½ cup water, 1½ cups flour, the whites of 3 eggs, 1 tablespoon butter, 1½ teaspoons baking powder; bake in muffin-pans.

# MUSH.

#### HOW TO MAKE MUSH.

Very few people know how to make this dish as it should be. The ingredients for a dish of mush are water, salt, and corn meal. The water should be soft, the salt fine, and the corn meal of the first quality; yellow meal gives the best color, but white meal is the more easily cooked. The water should be boiling hot at the commencement, middle, and end of the operation. The meal should be added very slowly, so as to prevent any lumps from being formed, the cook stirring all the time, and should never be in such quantities as would bring down the temperature of the water below the boiling point. Herein lies the secret of making good mush. Mush should be thoroughly cooked.

### CORN MUSH.

Take boiling water (soft water is preferable), salt to the taste, add meal very slowly so as to prevent any lumps being formed; cook thoroughly.

### CRACKED WHEAT MUSH.

To I quart salted water add 3/4 cup cracked or rolled wheat, and boil 2 hours; or it may be soaked over night and boiled I hour.

## CRACKED WHEAT MUSH. NO. 2.

Moisten 1½ cups cracked wheat with cold water, add ½ teaspoon salt, place in a muslin bag, leaving half the space for the wheat to swell; put into a small colander and place in a kettle of water and keep boiling from 3 to 4 hours. Serve with syrup and butter or cream and sugar. It is nice sliced and fried when cold.

### FRIED MUSH FOR BREAKFAST.

Night before, stir into 2 quarts boiling water a little salt and I pound farina, boil for IO minutes, and pour into a shallow dish to cool; next morning cut into slices, and fry in lard to a light brown. This is far superior to corn meal mush.

## HOMINY.

Take I cup hominy to I quart salted water and soak over night and boil 3/4 hour. Serve with milk and sugar. Slice and fry when cold.

### COOKING OATMEAL.

Oatmeal requires very long and steady cooking. Take I teacup oatmeal to five of water. If your breakfast is early it is better to begin the night before by mixing the oatmeal smooth in cold water, then pour into boiling water, adding a little salt to season. Keep this water at the boiling point for 2 hours, and just before it is thoroughly cooked add a little milk to whiten and improve the flavor. Stir thoroughly at intervals.

#### OATMEAL MUSH.

Put 4 tablespoons oatmeal into I quart cold water; add I teaspoon salt, let it cook slowly from I to 2 hours, adding hot water when needed; just before serving stir in I teaspoon butter, or soak the meal over night and add boiling water and cook in the morning. It is best cooked in a double boiler.

## FRIED INDIAN MEAL PORRIDGE.

Dry a pint of yellow meal in the oven and then sift it. Add to I quart boiling water I teaspoon salt, and by degrees dredge in the meal. Stir constantly and cook ½ to ¾ of an hour. Place on back of range until the moisture is well evaporated, then pour into greased bread-tins and put away to become cold and firm. Next morning cut into half inch slices, dust over them a little flour and fry a delicate brown. The object in drying the meal before cooking

it is to remove all moisture it may have contracted when in a damp store or closet. Damp meal often ferments, and it is then unhealthy.

Add I ounce butter and 2 tablespoons grated Parmesan cheese to the dish while it is cooking and it becomes Polenta, the favorite food of Italy.

# PUFFS.

### ALMOND PUFFS.

Blanch and pound 2 ounces sweet almonds with a little water; add 2 tablespoons finely sifted sugar, 2 ounces clarified butter, 2 tablespoons flour. When these are thoroughly mixed add the beaten yolks of 2 eggs, and I cup cream. Well oil about a dozen patty-pans and half fill them with the mixture. Bake in a moderate oven for ½ hour.

### CREAM PUFFS.

One-half pint boiling water, I cup butter, 2 cups flour. Let the water and butter boil, then stir in the flour; let it cool; add 5 eggs well beaten; beat all well; drop in muffin-rings; bake 30 minutes. Boil I pint milk; beat together I cup flour, I cup sugar, and 2 eggs; add this to the boiling milk and boil 3 minutes; cut a hole in the top of each cake and fill with cream, putting the piece of crust back.

# CREAM PUFFS, NO. 2.

Melt ½ cup butter in I cup hot water, and while boiling beat in I cup flour. Take it from the fire and when cool stir in 3 eggs, I at a time, without beating them. Drop the mixture on tins in small spoonfuls and bake in a moderate oven.

Custard for the Filling.—1½ cups milk, 2 eggs, 4 tablespoons flour, sugar to the taste, and flavor with vanilla. Beat up the eggs and sugar and stir in the milk with the flavoring, and when it comes to a boil stir in the flour, previously mixed smooth in a little milk. Cool and fill the puffs by opening them a very little.

# CREAM PUFFS, NO. 3.

One-half pound butter, 3/4 pound flour, 8 eggs, I pint water; have water and butter boiling; put in all the flour and stir till smooth. When cold beat the eggs light and with the hand mix well with the dough; drop on buttered paper and bake in a hot oven 1/2 hour.

Cream for Puffs.—One pint milk, 2 tablespoons flour, 2 eggs, 1 cup sugar, a little salt. Let milk and sugar boil and stir eggs and flour (well mixed) in it.

### CORN MEAL PUFFS.

One quart boiling milk, 2 scant cups white "corn flour," ½ cup wheat flour, I scant cup powdered sugar, a little salt, 4 eggs, beaten light, I tablespoon butter, ½ teaspoon soda dissolved in hot water, I teaspoon cream of tartar sifted into flour, ½ teaspoon mixed cinnamon and nutmeg. Boil the milk and stir into it the meal, flour and salt. Boil 15 minutes, stirring well up from the bottom, Put in the butter and beat hard in a bowl for 3 minutes. When cold put in the eggs whipped light with the sugar, the seasoning and soda; whip up very faithfully. Bake in greased cups in a steady oven. Turn out of cups and eat with pudding sauce or with butter alone.

### GERMAN PUFFS.

Put ¼ pint new milk into a sauce-pan with 2 tablespoons fresh butter. When it boils, mix smoothly with it 2 tablespoons flour, a pinch salt, ½ nutmeg grated, and I tablespoon sugar. When cool add 2 well-beaten eggs. Butter some cups, rather more than half fill them with the mixture and bake in a good oven. Serve as hot as possible with a sauce.

#### GRAHAM PUFFS.

One egg, I pint milk, I pint Graham flour, and a pinch of salt; beat the egg thoroughly; add the milk, then the flour gradually; beat the whole mixture briskly with an egg-beater; pour into iron gem-pans, well-greased, and hot; bake in very hot oven. This mixture is just sufficient for 12 gems.

## HASTY PUFFS.

Stir 4 tablespoons flour quickly and smoothly into ½ pint boiling milk which has been sweetened, and flavored with lemon-rind or nutmeg; boil up, then add 2 tablespoons butter, and, when cool, 2 beaten eggs; butter 4 small moulds; pour ¼ of the mixture into each, and bake in a hot oven. Turn out and place a little jam on the top of each puff.

## LEMON TURNOVERS.

Four dessert spoons flour, I dessert spoon powdered sugar, the rind and juice of I lemon, 2 ounces melted butter, 2 eggs and a little milk; mix flour, sugar and lemon with the milk to the consistency of batter, add the butter and eggs well beaten. Fry and turn over.

## OATMEAL PUFFS.

Sift together ½ pint oatmeal, ½ pint Graham, ½ pint flour, I teaspoon sugar, ½ teaspoon salt, and 2 teaspoons baking powder; add 3 beaten eggs and I pint milk; mix into a thin batter; half fill well-greased gem-pans and bake in hot oven 10 or 15 minutes.

## POTATO PUFFS.

To each 2 cups mashed potatoes take I tablespoon melted butter and beat to a cream; put with this 2 eggs whipped light, and I cup milk, salting to taste; beat all well; pour into greased baking-dish and bake quickly to a light brown. Serve in the dish in which it is cooked.

### TEA PUFFS.

Two and one-quarter cups flour, 3 cups milk, 3 eggs, whites and yolks beaten separately, 3 teaspoons melted butter, a little salt. Bake in cups, in a hot oven.

# ROLLS.

### HOW TO MAKE ROLLS.

When mashing potatoes for dinner, put I tablespoon of it into I pint of the water they were boiled in, and set aside till bed-time; then strain it through a colander, add I pint milk, I large spoon nice lard, I large spoon white sugar, I teaspoon salt, ½ cake dry yeast, and flour to make a stiff batter. Leave it in a moderately warm place. In the morning add flour enough to make a soft dough, working it well. Let it rise again, roll out ½ inch thick, cut into round cake, fold together, drawing a buttered knife through as you fold them. Let them rise again for ½ hour, or until light; bake in a quick oven for 15 or 20 minutes. In cold weather the milk should be lukewarm; in hot weather the milk should be scalded and cooled. The potatoes must be pared before boiling, and the kettle in which they are boiled must be perfectly clean.

### CINNAMON ROLLS.

Take light dough, as for bread; mix in shortening, I egg, and a little sugar; roll out to about ¼ inch thick; spread with butter, then sprinkle with sugar and cinnamon; roll up and cut as you would a jelly cake; put in pans like biscuit; set to rise. When light, put in a little lump of butter, and sugar and cinnamon on each one, and bake.

#### EGG ROLLS.

Two cups milk, 2 eggs, ½ teaspoon salt, 3½ cups sifted flour, 1 teaspoon baking powder; bake in gem-pans.

#### FRENCH ROLLS.

Into I pound flour rub 2 ounces butter and the whites of 3 eggs well-beaten; add I tablespoon good yeast, a little salt, and milk enough to make a stiff dough; cover and set in a warm place till light; cut into rolls, dip the edges into melted butter to keep them from sticking together, and bake in a quick oven.

### GRAHAM BREAKFAST ROLLS.

Take 6 potatoes, boiled and pressed through a colander, I pint warm water, ½ cup sugar, ½ teaspoon salt, ½ cup yeast; mix into a stiff dough with Graham flour, and let rise over night; in the morning mold into rolls and bake when light.

## KENTUCKY ROLLS.

Put 3 quarts flour in a large pan, scald I quart buttermilk, add I cup lard, and pour over the flour; beat well; then add I cup milkwarm water and I cup yeast. Set in a warm place over night. In the morning mix in I teaspoon salt, I tablespoon sugar, and flour to make a stiff dough. Let rise twice—kneading thoroughly—then cut in long rolls, put in pans, and bake when light. This dough, if set in a cool place, will keep a week, and will be found very convenient for breakfast.

## OATMEAL ROLLS.

Sift together ½ pint oatmeal, ½ pint Graham, I pint flour, I teaspoon salt, 2 teaspoons baking powder, and mix with ¾ pint milk into a smooth dough; turn out and give one or two quick kneadings to complete its quality; roll out to the thickness of ½ inch, cut out with large round cutter, fold through the centre, laying one half over on the other, lay them on a greased baking-tin so they do not touch, wash over with milk and bake in a good hot oven 15 minutes.

### PARKER HOUSE ROLLS.

One cup each of warm new milk and yeast, 2 tablespoons each of sugar and melted lard, I quart flour, or enough to mold firm; let it rise till light, then mold, roll out about ½ inch thick, cut with a biscuit cutter; butter the tops, fold up, let it rise until light and bake in a quick oven.

### POTATO ROLLS.

Add to 12 mashed potatoes, salt, butter, 1 cup milk and 2 eggs, make into rolls, cover with flour, and fry brown in butter.

### TREMONT HOUSE ROLLS.

Take 2 quarts flour, add I teaspoon salt; make a hole in the middle and put into it I tablespoon sugar, butter about the size of an egg, I pint boiled milk, and I teacup yeast. Do not stir but put them together at night, and set in a cool place until morning. Then mix all together and knead I5 minutes. Set in a cool place again for 6 hours, and roll out about ½ inch thick and cut with a biscuit cutter; moisten one edge with butter, and fold together like rolls; lay in the pan so that they will not touch, set for ½ hour in a warm place to rise, and bake in a quick oven.

## TEA ROLLS.

One quart flour, 2 eggs, I tablespoon butter, melted, 2 tablespoons yeast, enough milk to work into a soft dough, I saltspoon salt, I teaspoon white sugar. Rub the butter into the sifted flour. Beat the eggs well with a cup of milk, and work into the flour, adding more milk if necessary, to make the dough of right consistency. Stir the sugar into the yeast, and work this into the dough with a wooden spoon, until all the ingredients are thorougly incorporated. Do not knead it with the hands. Set to rise in a moderately warm place until very light. Make into rolls lightly and quickly, handling as little as possible. Set these in rows in your baking-pan just close enough together to touch. Throw a cloth lightly over them, and set on the hearth for a second rising, until they begin to "plump," which should be in about 15 minutes. Bake ½ hour in a steady oven. They are best eaten hot.

## VIENNA TWIST ROLLS.

Break pieces off dough (as prepared for common rolls) the size of an egg, and divide each piece into 2 unequal pieces, the largest piece form with the hands into a plain roll tapering at each end; lay them, thus formed, on a greased baking-tin so as not to touch each other; flatten each a little and wash over with milk; divide the remaining pieces each into 3, roll the pieces out under the hands into strips a little longer than the roll already made, and braid them; then lay

each braid, as soon as formed, on top the plain roll; when all are made, wash over with milk. Bake in a hot oven 20 minutes—a very handsome roll for a dinner party.

### WHITE MOUNTAIN ROLLS.

Sixteen cups flour, ½ cup sugar, I cup butter, I cup yeast, the whites of 4 eggs beaten to a stiff froth, and 4 cups boiling milk; melt the butter and sugar in the milk, have the milk blood warm and mix the bread, adding the whites of eggs after mixing in part of the flour; knead stiff and let rise in a warm place over night. In the morning knead into rolls and let rise till light; rub the beaten white of an egg over the tops of rolls, and bake 30 minutes.

# RUSKS.

#### RUSKS.

Half pint milk, I teacup yeast, 2 eggs; mix with sufficient flour for a stiff batter and raise; then add I cup butter, ½ cup sugar, I teaspoon soda, and a little nutmeg; let rise, and knead out into biscuits; let rise again and bake. Just before taking out of the oven beat up the white of an egg and rub over the top, then sprinkle with sugar; put into the oven again for a moment, and serve hot.

### OLD-FASHIONED SWEET RUSKS.

Take I pint warm milk, ½ cup butter, I cup sugar, 2 eggs, I teaspoon salt, 2 tablespoons yeast. Make a sponge with the milk, yeast and enough flour for a thin batter, and let it rise over night. In the morning add the butter, eggs and sugar, previously well beaten up together, salt and flour enough to make a stiff dough. Mold with the hands into balls of a uniform size, set close together in a pan and let them rise till very light. After baking, wash the tops with a clean linen cloth, dipped in molasses and milk, or molasses and water.

### RUSK WITHOUT EGGS.

When making light bread take I pint of the sponge, I cup sugar, I cup butter, and mix with flour enough to make as for biscuit; spice to taste. Let set till it rises like bread, then mold into small biscuit and stand till light before baking.

### RUSK WITH TWO EGGS.

One pint new milk, I cup hop yeast, and flour to make a batter, setting over night; in the morning adding ½ pint more new milk, I cup sugar, I cup butter and I egg, seasoning with nutmeg, and flour to make quite stiff. Let it rise, then rolling it out, cutting it into small cakes, rising again, and baking. Have ready I teaspoon sugar, with I egg well beaten, and just before done, brush over the top with this, replacing till lightly browned, to keep the crust moist. If wanted extra nice, add I cup raisins.

#### SWEET RUSKS.

In I coffeecup warm milk dissolve I cake compressed yeast, then add 3 eggs and I cup sugar, and beat all together; use only flour enough to roll out, to which add 2 ounces butter; let it rise. When very light, knead, mold into shape, and set in a warm place. When light, bake in a hot oven; when done, cover the top with sugar dissolved in milk.

## SANDWICHES.

#### EGG SANDWICHES.

Take slices of buttered bread and grate hard-boiled eggs on each slice with a coarse grater, sprinkle with pepper and salt; then lay 2 slices together.

This sandwich may be varied by grating a layer of cold smoked tongue or ham over the egg on one slice and not on the other. These require a light and dexterous hand to keep the egg from being crushed.

### HAM SANDWICHES.

Take well-boiled ham,  $\frac{1}{3}$  fat and  $\frac{2}{3}$  lean, chop it until it is as fine as paste, then stir in the yolk of an egg. To I teaspoon mustard, mix I tablespoon Worcestershire sauce; use this or more in such proportions as you may require.

#### LUNCH SANDWICHES.

Grate I pound each of lean ham and beef tongue, add 2 table-spoons chopped pickle, I of French mustard, with pepper and salt; put in a bowl and mix with  $\frac{1}{2}$  teacup melted butter. Have thin slices of buttered bread, on which spread the mixture.

Minced ham or tongue, spread on bread and butter, with or without seasoning, makes nice sandwiches.

### MIXED SANDWICHES.

Chop fine equal quantities of cold ham, tongue and chicken; mix with the meat ½ cup melted butter, I tablespoon salad oil, I of mustard, the powdered yolks of 2 hard-boiled eggs, and a little white pepper; spread on thin buttered bread.

### OYSTER SANDWICHES.

Chop I quart raw oysters very fine, season with pepper, salt, a little nutmeg; mix with ½ cup melted butter, the same of rich cream, whites of 3 eggs beaten, and 8 powdered crackers. Heat them over steam in an oatmeal boiler or over the fire until a smooth paste; set away until very cold; then cut and lay between buttered slices of bread.

### PINARD SANDWICHES.

Purchase what are known as finger rolls. They are about 4 or 5 inches long and quite thick. Split these and scrape out most of the crumb. Butter the inside of the shells thus left and fill the hollows with finely chopped meat, tying the halves of the roll together in the middle with narrow ribbon. A pretty variety may be made by using ribbons of different colors, as pink or red for tongue sandwiches, pale blue or green for chicken, etc.

### SANDWICHES OF POTTED RABBIT

Make baking powder biscuit, large but thin. When cold, split them, spread one half with butter, the other with potted rabbit, and press together.

#### SCHOOL LUNCH SANDWICHES.

Beat 3 eggs, 3 tablespoons milk, I saltspoon salt, and a dash of pepper; fry it as you would a griddle-cake, and lay between buttered bread or biscuit, or slice hard-boiled eggs or nice stewed codfish left cold, and lay between slices of bread and butter.

### TONGUE SANDWICHES.

Grate I pound cold boiled tongue. Mix with a tablespoon mustard, a little pepper, the mashed yolk of a hard-boiled egg, an ounce of butter and the juice of a lemon. Split nice light biscuit and spread between.

## SARDINE SANDWICHES.

Open a can of sardines, remove the skin and bones, lay bits of the fish on well-spread bread and butter; squeeze lemon over it; lay a slice of buttered bread on top.

### SALAD SANDWICHES.

Cut up 4 ounces breast of boiled chicken and 4 ounces tongue, place them in a mortar, and pound them to a paste; add 2 salt-spoons celery-salt, a pinch of cayenne, I teaspoon anchovy paste, and 4 tablespoons Mayonnaise; put the mixture in a cold dish, and set it aside.

Take a few neat leaves of lettuce, dip each leaf in a little tarragon vinegar, shake it, and place it on a slice of bread; spread a layer of the prepared meat over the lettuce, then another leaf of lettuce over the meat, and the other slice of bread, and your sandwich is made. Trim off the crust, cut each sandwich in two, and fold each piece neatly in confectionery (oiled) paper.

Ham and veal make a nice salad sandwich. The meat may be spread on the bread and the lettuce in the center, if preferred.

# TOAST.

### ASPARAGUS ON TOAST.

Tie the bunch of asparagus up with soft string, when you have cut away the wood, and cook about 20 minutes in salted boiling water. Have ready some slices of crustless toast; dip each in the asparagus liquor; butter well while hot and lay upon a heated dish. Drain the asparagus and arrange upon the toast. Pepper, salt and butter generously. If desired, break an egg over each, and place in a hot oven until the whites are firm.

#### BOMBAY TOAST.

Take I ounce anchovies, wash, bone and pound with I ounce butter till reduced to a paste, warm in a sauce-pan, and add the beaten yolks of 2 eggs, season with salt and cayenne pepper. Spread the mixture on toast.

### BREAKFAST TOAST.

Mix 2 tablespoons sugar, a little salt, and a well-beaten egg, in ½ pint milk. In this mixture dip slices of bread and fry them on a buttered griddle until they are light brown on each side.

### CREAM TOAST.

Take slices of stale bread, I quart milk, 3 tablespoons butter, whites of 3 eggs beaten stiff, salt, and 3 tablespoons flour. Toast the bread to a golden brown, have a dish ½ full boiling water in which I tablespoon butter has been melted; as each slice is toasted dip it in this for a second and lay in the deep heated dish in which it is to be served. Have ready, by the time the bread is all toasted, the milk scalding hot, but not boiling; thicken this with the flour; let simmer until cooked; put in the remaining butter, and when this is melted the beaten whites of the eggs; boil up once and pour over the toast, lifting the slices that the cream may run between; cover closely; set in the oven a few moments before sending to the table. It is good without the eggs.

## CHEESE AND EGG TOAST.

Put I cup cheese crumbs into ½ pint rich milk; boil until it melts. Have 2 eggs well beaten. Season the milk with salt, pepper and butter to taste; turn in the eggs; stir rapidly for a few minutes; remove from the fire and spread it over some hot slices of toasted bread. Cut them in halves and quarters and serve on a hot platter.

### FRIED BREAD.

Take dry bread, dip it in hot water quickly, and lay on a hot pancake griddle, which has some lard or butter melted, salt; when nicely browned on one side, turn on the other and brown; add more butter when needed. Some prefer the bread dipped in egg first.

### GERMAN TOAST.

Cut thick slices of bread and dip each side in milk enough to soften, then dip in beaten egg; put into a frying-pan with just enough butter to fry; fry until brown as an omelet. Serve well sprinkled with white sugar.

#### HAM TOAST.

Melt in a stew-pan a small piece of butter till it is browned a little; put in as much finely-minced ham as will cover a round of buttered toast, and add gravy enough to make moist. When quite hot, stir in quickly with a fork I egg. Place the mixture over the toast, which cut into pieces of any shape you may fancy.

### LEMON TOAST.

Take the yolks of 3 eggs, beat them well and stir them into 1 breakfast cup milk; cut some stale bread in slices, and soak them for a minute in the milk and egg, then fry to a delicate brown in boiling butter, squeeze over a little lemon juice and sifted sugar and serve very hot.

### MUSHROOMS AND TOAST.

Peel the mushrooms, and take out the stems. Fry them over a quick fire. When the butter is melted take off the pan. Squeeze

the juice of a lemon into it. Let the mushrooms fry again for some minutes. Add salt, pepper, spices, and a spoonful of water, in which a clove of garlic, having been cut into pieces, has soaked for ½ an hour; let it stew, When the mushrooms are done make a thickening of yolks of eggs. Pour the mushrooms on bread fried in butter, and laid in a dish ready for them.

#### MUSHROOMS ON TOAST.

Put I pint mushrooms into a stew-pan, with 2 ounces butter rolled in flour; add I teaspoon salt,  $\frac{1}{2}$  teaspoon white pepper, a blade of mace powdered, and  $\frac{1}{2}$  teaspoon grated lemon; stew till the butter is all absorbed, then add as much white roux as will moisten the mushrooms; fry a slice of bread in butter, to fit the dish, and as soon as the mushrooms are tender serve them on the toast.

### OYSTERS WITH TOAST.

Broil or fry as many oysters as you wish, and lay them on buttered toast; salt and pepper; pour over them a cup of hot, rich cream; keep them perfectly hot until eaten.

# QUAIL ON TOAST.

Pick and clean, cut in the middle of back, fry in butter to a nice brown, salt and pepper; now put in an earthen or porcelain-lined dish, I tablespoon nice butter and the same of flour; stir on a slow fire until butter is dissolved; then pour in slowly  $\frac{2}{3}$  glass water and the same quantity of wine; salt and pepper; put in your birds that are nicely fried, simmer slowly  $\frac{1}{4}$  an hour; toast some thin slices of bread (one toast to each bird); put in the dish you wish to serve, laying the birds on top; pour the gravy over all; serve very hot.

### TONGUE TOAST.

A very nice dish is prepared from cold boiled or potted tongue. Slice the tongue and cut each slice into small, fine pieces, heat it in a pan with a little butter. To prevent burning moisten with warm water or clear soup. Add salt and pepper, stir into it 2 beaten eggs. When set arrange neatly on toast.

### TOASTED CRACKERS.

What are known as toasted crackers are an excellent accompaniment for hash at breakfast and are made in this way: Split 6 butter crackers and soak them in water until they begin to swell; then pour off the water and drain. Butter a flat baking-pan, lay the crackers in, crust side down, and bake 10 minutes, till they turn a delicate brown. Place them on a warm dish, butter lightly and serve at once.

### WAFFLES.

In making waffles never put sugar in the batter, as it causes them to be heavy and tough. They should be beaten thoroughly and made quickly. The batter should be very thin. Take I pint buttermilk, I teaspoon soda, I tablespoon melted butter, I teacup flour, yolks of 4 eggs, and a small pinch of salt; beat the whites separately to a froth and add them the last thing. Have the waffletins well greased and very hot, pour in the batter and bake brown. When taken up spread with butter, and sift with sugar, if preferred.

#### BREAD WAFFLES.

Crusts and pieces can be put in a pitcher and milk poured over them. when needed, add more milk, and a little flour, to make the right consistency; enough soda to make sweet, salt, and make waffles or pancakes.

## RICE WAFFLES.

Rice waffles make a good plain dessert especially for the children. Mash I cup boiled rice smoothly, moistening it gradually with I cup lukewarm water; stir in ½ cake compressed yeast that has been dissolved in lukewarm water and 2 cups flour. Add enough water to make a batter rather stiffer than for cake and see that it is perfectly free from lumps. Let it stand in a warm place for 3 hours; add 3 beaten eggs, a teaspoon salt and a very little sugar, about 2 tablespoons, and bake in well-greased waffle-irons. Eat with butter and honey or silver drops.

## RICE WAFFLES, NO. 2.

Beat together I pint milk, the yolks of 3 eggs, 2 ounces butter and  $\frac{1}{2}$  teacup thoroughly boiled rice, sprinkle a little salt and  $\frac{1}{2}$  teaspoon soda into I pint flour, then sift it into the bowl containing the rest of the mixture. Beat thoroughly and bake in waffle-irons.

#### WAFFLES.

One pint milk, 2 eggs, I pint flour, ½ cup butter, I teaspoon cream of tartar, ½ teaspoon soda, a pinch of salt. Bake in waffle-irons well heated.

## WAFFLES, NO. 2.

If you want your waffles for tea, take I quart warm milk after dinner; put in 2 eggs, beaten; a small piece of butter, and a small cup of yeast. Mix with flour a little thicker than wheat pancakes. Set by warm stove and they will be light for tea. Baked in waffle-irons.

## WAFFLES, NO. 3.

Two pints milk, I cup melted butter, sifted flour enough to make a soft batter. Add yolks of 6 eggs, afterward whites, well beaten; just before baking add 4 teaspoons baking powder.

# WAFFLES, NO. 4.

One pint buttermilk, flour enough to make a thin batter, I tablespoon salt, I teaspoon soda; mix your milk, flour and salt, then sift the soda over the batter; break the white of one egg in a plate and put the yolk in the batter; beat in well; now whip the white of the egg to a stiff froth and stir in thoroughly—do not beat it in. Have the waffle-iron smoking hot and grease with lard or other grease, which should be free from either water or salt, as both make the waffles stick. If the milk be very sour, use more soda to sweeten it. Sour batter will stick to the irons, too.

### GRAHAM WAFERS.

Put a pinch of salt into ½ pound Graham flour; wet it with ½ pint sweet cream; mix quickly and thoroughly; roll out as thin as possible; cut in strips, prick and bake in a quick oven.

### SWEET WAFERS.

One pint flour, I cup sugar, 3 eggs, I tablespoon butter; flavor with lemon; mix into a batter with a little milk to the consistency of sponge cake, and bake in wafer-irons.

### TEA LEMON WAFERS.

Beat ½ pound butter to a cream, add ½ pound powdered sugar. Beat six eggs, until creamy, and mix with the butter and sugar, then add the juice and rind of 2 lemons, with I grated nutmeg, and flour to make a stiff batter. Beat all together until smooth and light. Heat the wafer-irons over a clear fire, grease lightly with butter, put in enough of the batter to fill the irons, close and turn over a clear fire until brown. Take out, dust with powdered sugar, and roll around a smooth stick, remove carefully when cold. Very dainty little cakes.

# CHAPTER III.

## CAKE MAKING.

### SOME RULES FOR MIXING.

Often the young beginner in housework will try certain recipes with the greatest care, and yet fail again and again; în which case she is very apt to condemn the recipe, or lose faith in herself.

In making anything of the cake kind (including cookies, fried cakes, etc.) always begin with the shortening and sugar, creaming them into smoothness in a deep earthen bowl or new tin pan—never in one which is worn—and using a large spoon with a rather broad bowl. For wetting, water answers as well as milk in most recipes where baking powder is used, but should be neither very cold nor hot. If the former it may make the cake heavy; if the latter, it will scald the flour and toughen the dough; a blood-heat is best.

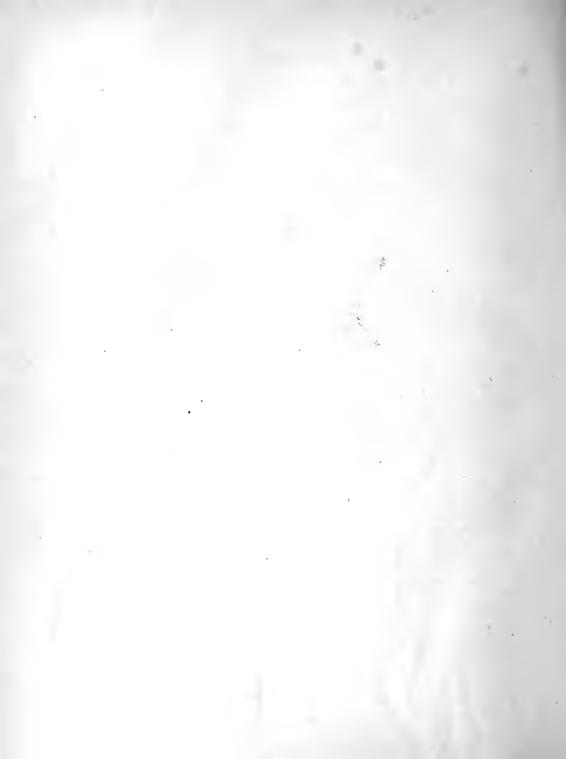
Add this to the creamed butter and sugar, stirring thoroughly; then put your baking powder (and salt, if required) into the flour, and sift it—several times if for nice cake—into some dry dish, and let it stand while you beat your eggs stiff.

Then add of each (flour and eggs) a little at a time, till you have a smooth creamy batter, when it is ready for the oven. If you use flavoring, add last of all, stirring in thoroughly, if fruit or nuts, do the same, dusting them with flour to prevent their sinking to the bottom in baking, but spices should be stirred in with the shortening and sugar.

Some good housekeepers scout at the idea that it hurts cake to stir it in opposite directions, but I do not agree with them. My experience shows that you secure a closer, firmer and more delicate grain by stirring constantly one way. Beat all you choose—the harder the better—but stir only from left to right.



HOUSEHOLD TREASURES.



### CAKE ORNAMENTATION.

A few years ago cake ornamentation was a very simple affair, but now it has come to be a fine art. The most exquisite designs are seen, but in this article we shall aim to discuss inexpensive styles and those that can be used by the non-professional.

Cut from writing paper (unruled) flowers and leaves. Dip them in white of egg not frothed, and then sprinkle with granulated sugar. It is best to use a sifter. Allow to dry and then arrange on top of cake. Very pretty.

Ice your cake on top and sides, and when nearly dry stick in blanched almonds with points upwards, and large raisins, and lay here and there thin strips of fig. This is called the rustic cake, and is very beautiful.

A cake iced with either white or pink icing and English walnuts placed here and there on top is a pretty style. Slices of orange also look well.

Try covering the top layer with a thin coat of icing and then sprinkling it with crushed rock candy, pink and white.

A bunch of crystallized grapes looks charming, laid on top of a cake. The grapes are to be dipped in frothed white of egg and then dusted with sugar and allowed to dry.

A small bouquet of choice cut flowers can be placed in the centre of a cake, the ends being concealed in the open space.

Nothing can be prettier than to have a cake iced top and sides and covered thickly with cocoanut prepared on a revolving grater. It resembles fine curly shavings. No words can convey to you an idea of the delicate beauty of this design.

One of the prettiest center pieces for a "company supper" is this: Bake 24 small cakes in muffin-rings. Ice half of them white and half pink. Arrange them alternately on a large glass stand in the form of a pyramid.

### ALMOND CAKES.

Four cups sifted flour, 3 teaspoons baking powder, 2 cups powdered sugar, 1 cup butter, 10 eggs (the yolks and whites whipped

separately, the yolks strained), ½ pound sweet almonds blanched and pounded, I tablespoon orange-flower water, nutmeg. Beat butter and sugar until they are like whipped cream, add the strained yolks, rub the baking powder into the flour and add alternately with the whites, then the almond paste in which the nutmeg and orange-flower water have been mixed; beat well and bake as "snowballs" in small, round, rather deep pans, with straight sides; when done cover with almond frosting. Very rich.

## ALMOND CAKE, NO. 2.

One-half cup butter, 2 cups sugar, whites of 5 eggs, I cup milk, 3 cups flour, 3 even teaspoons baking powder. Bake in layers.

Filling.—Make a boiled icing. Pour out a part of it on a cup of blanched and chopped almond meats; use the remainder for frosting the top and sides of the cake, and place split almond meats over the top.

## ALMOND CAKE, NO. 3.

One cup butter, I½ cups sugar, 3 eggs, ½ cup milk, 3 teaspoons baking powder, about 2 cups flour; blanch I pound almonds, lay aside enough to cover the top of the cake when they are cut in halves, chop the rest and put them into the cake. After the cake is in the tin lay the split ones over the top. They will rise and brown as the cake bakes. This is delicious.

#### ALMOND CREAM CAKE,

On beaten whites of 10 eggs sift 1½ goblets pulverized sugar, and 1 goblet flour through which has been stirred a heaping teaspoon cream of tartar; stir very gently and do not beat it; bake in jelly-pans.

For cream.—Take ½ pint sweet cream, yolks of 3 eggs, I tablespoon pulverized sugar, I teaspoon corn-starch; dissolve starch smoothly with a little milk, beat yolks and sugar together with this, boil the cream, and stir these ingredients in as for any cream-cake filling, only make a little thicker; blanch and chop fine ½ pound almonds and stir into the cream. Put together like jelly cake while icing is soft, and stick in ½ pound almonds split in two.

### ADELAIDE CAKE.

One cup butter, 1½ cups sugar, 4 eggs, 1 pint flour, 2 teaspoons baking powder, 1 cup dried stoned cherries, ½ cup milk, 1 teaspoon vanilla; mix smoothly into a firm batter by beating the sugar, butter and eggs together, and adding the flour with the baking powder and the other ingredients. Bake about 40 minutes.

#### AMBROSIA CAKE.

One cup butter, 2 cups sugar, ½ cup milk, 3 cups flour, 4 eggs beaten separately, 1 teaspoon soda, and 2 of cream of tartar; bake in layers.

Filling.—Mix together, with I beaten egg, ½ pint whipped cream, I full cup grated cocoanut, ½ cup sugar, juice of I orange. Put this preparation between the layers and on top of the cake.

#### APPLE CAKE.

Two eggs, whites and yolks beaten separately,  $1\frac{1}{2}$  cups sugar, scant  $3\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup milk, 3 cups flour, 1 teaspoon cream of tartar sifted in the flour,  $\frac{1}{2}$  teaspoon soda in the milk. Bake in jelly-tins.

Dressing for Same.—Three good-sized sour apples grated, the juice and grated rind of I lemon, I egg beaten, I cup sugar. Cook all together 3 minutes and spread between the layers.

## ANGELS' FOOD.

Take the whites of II eggs, I½ tumblers granulated sugar, I tumbler flour, I teaspoon vanilla, and I teaspoon cream of tartar; sift the flour 4 times, then add the cream of tartar, and sift again; but have the right measure before putting in the cream of tartar. Sift the sugar and measure. Beat the eggs to a stiff froth on a large platter; on the same platter add the sugar lightly, then the flour very gently, then the vanilla; do not stop beating until you put it in the pan to bake; bake 40 minutes in a very moderate oven, try with a straw, and if too soft, let it remain a few minutes longer. Turn the pan upside down to cool, and when cold, take out by loosening around the sides with a knife.

Pan for Baking Angel Cake.—The pan is a tubed pudding-pan, II inches in diameter on top, 8½ inches on bottom; height, 4½ inches. Three legs, equal distances apart, to project 1½ inches above top of pan and riveted to the outside. Tube 5 I-8 inches long. Use this dish for no other purpose.

### BRIDE CAKE.

Take 1½ pounds butter, 1¾ pounds sugar (half New Orleans sugar), 2 pounds eggs well beaten, 4 pounds raisins seeded and chopped, 5 pounds English currants, thoroughly cleaned, 2 pounds citron shaved fine, 2 pounds sifted flour, 2 nutmegs, and an equal



quantity of mace, and I gill alcohol, in which are put I5 drops oil of lemon. Cut the butter in pieces and put it where it will soften; stir it to a cream, then add the sugar and work till white; next beat the yolks of the eggs, and add them to the sugar and butter; have the whites beaten to a stiff froth and add them to the mixture, then the spices and flour, and last of all the fruit except the citron, which is to be put in in

about 3 layers, I an inch from the bottom, I an inch from the top, and I between; smooth the top of the cake by putting on a spoon of water. Bake 3 or 4 hours.

### MOLLIE'S BRIDE CAKE.

One pound each sugar, butter and flour, 2 pounds each raisins, currants, citron, 1 wine-glass each wine and brandy, 12 eggs, the grated rind and juice of 1 lemon, 2 teaspoons each cinnamon, cloves and allspice, 1 teaspoon each nutmeg and soda, dissolve soda in a teaspoon boiling water. Bake slowly 4 hours.

### BREAD CAKE.

Four cups light dough, 2 cups sugar, I cup butter, 3 eggs, I cup raisins, a little nutmeg, ½ teaspoon cloves, the same of cinnamon, ½ teaspoon soda, dissolved in hot water. Let it rise a short time before baking, then put in the raisins and bake in a very slow oven.

## BREAD CAKE, NO. 2.

One cup dough, ½ cup butter, I cup sugar, I egg, ½ teaspoon soda, spice to taste.

### BLACK CAKE.

Two cups brown sugar, I cup butter, I cup molasses, I cup sour milk, in which dissolve I teaspoon soda, the yolks of 8 eggs, 4 cups browned flour, and spice to your taste.

The whites of the eggs can be used in making White Cake.

#### BRIDGEPORT CAKE.

One cup butter, 2 cups brown sugar, I cup sour milk,  $3\frac{1}{2}$  cups flour, 4 eggs, I teaspoon saleratus, I cup raisins, spices to taste.

### BUTTERNUT CAKE.

Take 1½ cups sugar, ½ cup butter, 2 cups flour, ¾ cup milk 1 cup meats of nuts, whites of 4 eggs, and 2 teaspoons baking powder.

### CARAMEL CAKE.

One cup butter and 2 of sugar well mixed, whites of 8 eggs beaten to a stiff froth, 3/4 cup milk, 31/4 cups flour, 2 heaping teaspoons baking powder. Flavor to suit the taste and bake in a moderately quick oven. This will make 4 thick layers. Let it get almost cold before the caramel is added.

Caramel.—Two very full cups brown sugar, a lump of butter little larger than a walnut, and enough cream or milk to soften well the entire amount. Place on the stove in a tin vessel, let boil without stirring until it is quite stiff when tried in cold water. Allow to

get nearly cold before spreading on the cake. There will be enough caramel to spread between the layers and also on top of the cake.

### CARAMEL CAKE, NO. 2.

Three cups sugar,  $1\frac{1}{2}$  cups butter, 1 cup milk,  $4\frac{1}{2}$  cups flour, 5 eggs, 1 small teaspoon soda, 2 teaspoons cream of tartar.

Caramel for filling.—One and one-half cup brown sugar, ½ cup milk, I cup molasses, I teaspoon butter, I tablespoon flour, 2 tablespoons cold water. Boil this mixture 5 minutes, add ½ cake Baker's chocolate (grated), boil until it is the consistency of rich custard. Add a pinch of soda, stir well, and remove from fire. When cold, flavor with a large teaspoon vanilla, and spread between the layers of cake, which should be baked as for jelly-cake. Cover the top with the same, and set in an open sunny window to dry. The above quantity will make two large cakes.

## CARAMEL CAKE, NO. 3.

One cup butter, 2 cups sugar, I scant cup milk, I½ cups flour, I cup corn-starch, whites of 7 eggs, 3 teaspoons baking powder in the flour; bake in a long pan. Take ½ pound brown sugar, scant ¼ pound chocolate, ½ cup milk, butter size of an egg, 2 teaspoons vanilla; mix thoroughly and cook as syrup until stiff enough to spread; spread on cake and set in the oven to dry.

### CHARLOTTE CACHEE.

One thick loaf of sponge or plain cup cake, 2 kinds fruit-jelly, tart and sweet, whites of 5 eggs, I heaping cup powdered sugar, juice of I lemon. Cut the cake into horizontal slices of uniform width; spread each with jelly—first the tart, then the sweet—and fit into their former places; ice thickly with a frosting made of the whites, sugar and lemon-juice; set in a sunny window or slow oven, to harden. The former is the better plan.

### CHOCOLATE CAKE.

One-half cup butter, 2 cups sugar, 4 eggs, I cup milk, 2 teaspoons cream of tartar, I teaspoon soda, I teaspoon vanilla. Pake in layers.

Put together with chocolate frosting, frosting top and sides. Any layer cake can be put together in the same way.

## CHOCOLATE CAKE, NO. 2.

Chocolate Cake is prettier made in layers with the whites of eggs only, the contrast between the white and chocolate being very pretty. The following recipe though not new is an excellent one:

Two cups sugar, I cup butter, I cup milk, 3 cups flour, whites of 4 eggs, I teaspoon cream of tartar, ½ teaspoon soda. Bake in layers and spread between each the following frosting: Yolks of 2 eggs beaten and added to ½ cup milk, and I½ cups sugar. Boil till as thick as molasses and then add ⅓ cake Baker's chocolate dissolved or grated. Frost the top of the cake with white frosting and decorate with a chocolate color, using a pastry bag. A very pretty, appropriate and easily made decoration is produced by imitating the cocoa pods, which may be described as a pointed oval. From the beans growing inside, chocolate is made. The border may be made of these by placing the points towards the centre, and if desired a second row may be made with the points towards the circumference. A large chocolate T made with 3 of the pods makes a simple centerpiece quite in keeping with the general idea.

### MARBLED CHOCOLATE CAKE.

One cup butter, 2 cups sugar, 3 cups flour, 4 well-beaten eggs, I cup milk, 2 teaspoons baking powder; take out I cup of this batter and mix with 4 tablespoons chocolate dissolved with a little cream; cover the bottom of the pan with the white batter and drop upon it in places a spoonful of the chocolate, forming rings, then another layer of the batter, and so on until all is used. Bake in a moderate oven.

### CHOCOLATE ECLAIRS.

Two and one-half cups water, 2 cups flour, I cup butter, and 5 eggs. Boil the butter and water together; stir in the flour while boiling; after it is cool add the eggs well beaten. Put a large spoonful in muffin rings, and bake 20 minutes in a hot oven. When

baked and cold make an opening in the side and put in the cream, which must also be cold. Make the cream as follows: Break, dissolve, and mix smoothly I ounce chocolate with 3 tablespoons warm water in a bowl; set over a boiling tea-kettle, add gradually I cup milk and leave it to scald; beat I egg and add to it ½ cup sugar, and 2 tablespoons corn-starch; mix well and stir into the scalded milk, then put the whole into the bowl over the boiling water, and stir till it is much thicker than boiled custard; add a very little salt and ½ teaspoon vanilla; after filling the cakes with the custard, frost with hot icing and 2 ounces of chocolate dissolved in it. Frost the top only.

### CINNAMON CAKE.

Whites of 2 eggs, I cup sugar, I cup milk, ½ cup butter, I½ cups flour, 2 teaspoons baking powder. When baked spread the top and sides with icing made of the yolks of 2 eggs, ¾ cup brown sugar, I teaspoon cinnamon.

### CITRON CAKE.

One cup butter and 2 of white sugar, beaten to a cream; 4 eggs, whites and yolks beaten separately; 3 cups sifted flour, I cup milk, I teaspoon cream of tartar sifted in the flour, ½ teaspoon soda dissolved in the milk, ½ pound citron cut in very thin pieces, well dredged with flour and added at the last; flavor with lemon or rose.

### CLOVE CAKE.

One pound brown sugar, I pound flour, I pound raisins, ½ pound butter, I cup milk, 2 large teaspoons baking powder stirred well in to the flour, I tablespoon each of cloves, cinnamon, and nutmeg, 4 eggs; chop the raisins. For less quantity divide proportionately.

### CONFECTIONERY CAKE.

One coffeecup sugar,  $\frac{3}{4}$  coffeecup butter, 2 coffeecups flour, I coffeecup milk, whites of 5 eggs, 3 teaspoons baking powder. Flavor with vanilla. Take I tablespoon of this cake, add  $\frac{1}{2}$  cup each of

chopped raisins, citron, flour, and molasses, 2 teaspoons cinnamon, ½ teaspoon cloves, I wineglass brandy. Bake in 3 layers, 2 light and I dark. Put together with soft frosting.

# COCOANUT CAKE (with 1 egg).

One cup granulated sugar, piece of butter the size of a large egg, I cup milk, 2 large cups flour, 2 teaspoons baking powder, I egg. Bake in layers; grate a fresh cocoanut and mix with the frosting, for a filling, and sprinkle some of the cocoanut over the top.

## COCOANUT CAKE, NO. 2.

One cup butter, 3 cups sugar, whites of 6 eggs, 4½ cups sifted flour, 2½ teaspoons baking powder, I grated cocoanut, and I cup milk. Rub the butter and sugar to a cream, add the whites of the eggs, then the milk; mix the baking powder with the flour by sifting. After all are mixed together put in the cocoanut, mixing thoroughly, and bake immediately. This cake will keep for some time, retaining its freshness.

### COCOANUT CREAM CAKE.

Two beaten eggs, I cup sugar rolled fine, ½ cup butter, ½ cup milk, 2 cups flour sifted with 2 teaspoons baking powder. Bake in layers and put together with the following cream.

Cream for Filling.—Put I cup milk into a dish and set into a kettle of hot water. Mix together I egg, ½ cup sugar, I tablespoon corn-starch; stir into the milk when it boils. When thick add ½ cup desiccated cocoanut. Frost the top and sprinkle with dry cocoanut.

### COFFEE CAKE.

One cup butter, I cup sugar, 2 eggs, ½ cup cold coffee, ½ cup molasses, 2 cups flour, I teaspoon soda dissolved in coffee.

## COFFEE CAKE, NO 2.

Take 2 eggs, well beaten, ½ cup butter, ½ cup sugar, I cup molasses, I cup strong, cold coffee, I teaspoon cinnamon, I teaspoon

cloves, I teaspoon allspice, I teaspoon soda stirred into the molasses, I cup raisins, flour to make of the consistency of pound cake.

## COFFEE CAKE, NO. 3.

One cup each of butter, sugar, molasses and strong coffee, 5 cups flour, I pound raisins, I teaspoon each of soda, cinnamon and allspice, ½ teaspoon nutmeg, 3 eggs (it can be made with I or 2). Sift the soda in the molasses. Excellent.

### CORN-STARCH CAKE.

Take whites of 3 eggs, I cup white sugar, ½ cup butter, ½ cup milk, I cup flour, I cup corn-starch, I teaspoon soda and 2 of cream of tartar; flavor with lemon or vanilla.

### CORN-STARCH CAKE, NO. 2.

Two cups pulverized sugar, 3/4 cup butter, stirred to a cream; 1 cup milk, the whites of 7 eggs beaten to a stiff froth, 2 cups flour, 1 cup corn-starch and 2 teaspoons baking powder. Flavor with lemon or orange.

### CREAM CAKE.

Three eggs, I cup sugar, I cup flour, I teaspoon baking powder, 1/2 cup sweet cream. Bake like jelly cake. Put I cup pulverized white sugar into 1/2 cup very thick sweet cream, and spread between the cakes; flavor both the cake and cream to suit taste. This is delicious.

### CREAM CAKE, NO. 2.

One cup butter, 2 cups sugar, whites of 2 eggs, 3½ cups flour, 1 cup milk, 1 teaspoon soda, 1 teaspoon cream of tartar. Bake in layers.

For the Cream.—One pint milk, sweetened to taste, yolks of 3 eggs; thicken with flour to the consistency of custard, flavor with lemon. Frost the top with boiled icing.

### SOUR CREAM CAKE.

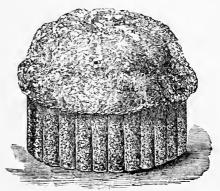
One egg, ½ cup sugar, ½ cup sour cream, or rich buttermilk, ½ teaspoon soda dissolved in the cream, I cup sifted flour; flavor to taste, and frost with icing without eggs.

(See Icings.) Excellent cheap cake.

#### CHRISTMAS CAKE.

Take 5 pounds flour, mix with it a desser spoon salt, rub in 34 pound butter and 1 pound lard. Put in ½ pint good fresh brewers'

yeast, and knead as for common bread. If there is any difficulty about the yeast, baking powder may be used, allowing a heaped teaspoon ordinary baking powder for every pound of material. If yeast is used, let the dough rise before adding the other ingredients. Mix in 3 pounds currants, I ½ pounds moist sugar, a whole nutmeg, ¼ pound candied lemon peel finely minced, I tablespoon brandy, and 4 eggs, well



CHRISTMAS CAKE.

beaten. Butter the mold and bake in moderate oven for about 2 hours.

### RICH CUP CAKE.

Five cups flour, 2½ cups sugar, 1½ cups butter, 1 cup milk, 6 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar; flavor with lemon or vanilla.

### PLAIN CUP CAKE.

Two eggs, 2 cups flour, 1 cup sugar, ½ cup butter, ½ cup milk, 2 teaspoons baking powder, 1 teaspoon vanilla.

### DELICATE CAKE.

One and one-half cups granulated sugar, I cup butter,  $\frac{2}{3}$  cup milk, whites of 6 eggs beaten to a stiff froth, 3 even cups flour, 3 teaspoons baking powder put in the flour and mixed; stir butter and sugar well together, to them add the milk, then put in the flour, and last add the beaten eggs; flavor with lemon. Stir the whole mixture well.

### DELICATE CAKE, NO. 2.

One cup butter 2 cups sugar, I cup milk, whites of 6 eggs, 3 cups flour, I teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda.

Yellow cake made in the same way using the yolks and ½ cup butter.

## DELICATE CAKE, NO. 3.

One and one-half cups sugar,  $\frac{1}{2}$  cup butter, I cup milk, 3 teaspoons baking powder, 2 cups flour, whites of 5 eggs well beaten. Bake I hour in a moderate oven.

### DELICIOUS CAKE.

Two cups white sugar, I cup butter, I cup milk, 3 eggs, I teaspoon soda, I teaspoon cream of tartar, 3 cups sifted flour. Stir butter and sugar together, then add the beaten yolks of the eggs, then the beaten whites; dissolve the soda in the milk, rub the cream of tartar into the flour and add; flavor with extract of bitter almond.

#### DROP CAKE.

One cup powdered sugar, I cup butter, 2 cups flour, 3 eggs, juice and rind of I lemon. Mix butter and sugar to a cream, add the well-beaten eggs, then the flour and lastly the lemon. Drop on buttered paper and bake in a quick oven.

### DOUGH CAKE.

Two cups light dough, 2 cups sugar, I cup butter, ½ cup milk, 2 eggs, I½ cups flour, I teaspoon soda, I cup raisins; flavor with nutmeg and cinnamon.

### DOVER CAKE.

Rub to a cream I cup butter and 2 cups sugar; add 6 eggs, 2 at a time, beating 5 minutes between each addition, I cup milk, I½ pints flour, sifted with 2 teaspoons baking powder; season with I teaspoon each of extract cinnamon and orange; bake in rather hot oven 40 minutes.

### DUNDEE CAKE.

Whip to a cream I½ cups butter and the same amount of sugar; add 8 eggs, 2 at a time, beating 5 minutes between each addition, ½ cup cream or milk, I½ pints flour, sifted with 2 teaspoons baking powder, ½ lemon peel cut in thin slices, I cup washed, dried and picked currants, I½ cups sultana raisins, I teaspoon each extract nutmeg, cloves and vanilla; mix into a firm batter, pour into a shallow, square cake-pan; chop I cup almonds coarsely and sprinkle over the top; then bake I hour in a moderate oven.

### EGGLESS DRIED APPLE CAKE.

Two cups dried apples, chopped fine and soaked in water over night, then cook in I cup molasses until soft; add I cup each of butter, sugar and sour milk, 2 teaspoons soda, I teaspoon each of cinnamon, cloves and lemon extract, I nutmeg. A cup of raisins may be added. Bake in a greased cake-dish in a moderate oven. Flour for stiff batter.

#### EGGLESS CAKE.

One cup butter, 3 cups sugar, 1 pint sour milk or cream, 3 cups flour, 1 pound raisins, 1 teaspoon saleratus; spice to taste.

## EGGLESS CAKE, NO. 2.

One and one-half cups sugar, I cup sour milk, 3 level cups flour, ½ cup butter, I teaspoon soda, ½ teaspoon cinnamon, ½ teaspoon grated nutmeg, and I cup chopped raisins.

### ELECTION CAKE.

Beat 1½ cups butter and 2 cups sugar to a white, light cream; add 3 eggs, beating a little longer, 1½ pints flour sifted with 2 teaspoons baking powder, 2 cups raisins, stoned, I cup currants well cleaned, ½ cup chopped citron, ½ a lemon peel, chopped, ½ cup almonds, blanched and cut into shreds, I teaspoon each of extract of vanilla and bitter almonds, I cup milk; mix into a consistent batter, put into a paper-lined tin and bake in a moderate, steady oven 1½ hours.

#### ENGLISH WALNUT CAKE.

One cup butter, 2 cups sugar, 3 cups flour, I cup milk, whites of 7 eggs, and yolks of 3, I teaspoon soda, 2 teaspoons cream of tartar, I pint walnut meats rolled and dredged with flour; beat the whites of the eggs to a stiff froth.

### FRUIT CAKE.

Wash and drain I pound currants, chop coarsely I pound raisins, slice ½ pound citron; beat together 5 eggs and 2 cups brown sugar; add I cup butter, I cup molasses, ½ cup sour milk, I teaspoon soda, spices to taste, 6 cups flour; add fruit with the flour. Will keep a year.

## FRUIT CAKE, NO. 2.

One cup butter, 2 cups sugar,  $3\frac{1}{2}$  cups flour, 1 cup molasses, 1 cup cream, 4 eggs, 1 pound raisins, citrons and currants according to taste, I teaspoon saleratus, spice to taste. Warranted to keep a year.

## FRUIT CAKE, NO. 3.

One pound sugar, I pound butter, I pound flour, 8 eggs, 2 pounds raisins, I pound currants, ¼ pound citron, I tablespoon molasses, I cup sour milk, I teaspoon soda, and spices of all kinds. Bake 2 hours in a moderate oven.

## FRUIT CAKE, NO. 4.

Nine eggs, I pound sugar, I pound butter, a little more than I pound sifted flour, ¼ of it slightly browned to highten the color of the cake, 2 pounds seeded raisins, I pound Zante currants, ½ pound citron, I lemon, the rind to be grated, ½ cup dark molasses, to give color, 2 wine-glasses brandy, I teaspoon soda, nutmeg, cinnamon and cloves to taste. Sugar and butter to be beaten to a cream, afterward the eggs thoroughly beaten, etc.

## FRUIT CAKE, NO. 5.

One cup butter, I cup sugar, ½ pint New Orleans molasses, 2 eggs, I cup sour milk, I teaspoon soda, I pound flour, I pound raisins, I½ pounds currants, the grated peel of a lemon, I teaspoon cloves, I of allspice and 2 of cinnamon. Reserve a handful of flour to thoroughly flour the fruit and add it last. Bake in a loaf I hour.

## FRUIT CAKE, NO. 6.

One pound sugar, I<sup>1</sup>/<sub>4</sub> pounds flour (sift the <sup>1</sup>/<sub>4</sub> pound of flour in the fruit), 10 eggs, 4 pounds raisins, 2 pounds currants, I pound citron, I cup molasses, I wine-glass brandy, and spice to taste.

### BLACK FRUIT CAKE.

Two pounds raisins, I pound currants, ½ pound citron, 4 cups sugar, 2 cups butter, I cup molasses, 8 eggs, 2 teaspoons soda, 5 cups flour, I wine-glass brandy, spice to taste. Half of this receipt makes 2 small loaves.

### FRUIT CAKE FROM DOUGH.

Two cups sugar, I cup butter, I pint dough, 2 eggs, I teaspoon soda, as much fruit as you wish, spices to suit the taste; use flour enough to make as stiff as common fruit cake; set in a warm place to rise. When light bake in a moderate oven.

#### FRUIT AND NUT CAKE.

Four cups flour, 2 cups sugar, I cup butter, 6 eggs, whites and yolks separated, I cup cold water, I coffee-cup hickory-nut kernels,

free from shells and very sweet and dry, ½ pound raisins, seeded, chopped and dredged with flour, I teaspoon soda, dissolved in hot water, 2 teaspoons cream of tartar, sifted in the flour, I teaspoon mixed nutmeg and cinnamon. Rub butter and sugar together to a smooth cream; put in the yolks, then the water, spice, soda; next the whites and flour. The fruit and nuts, stirred together and dredged, should go in last. Mix thoroughly and bake in 2 loaves.

## WHITE FRUIT CAKE.

Whites of 10 eggs, I full cup butter, I cup milk, 3 cups sugar, 4 cups flour, I teaspoon cream of tartar, ½ teaspoon soda, I wine-glass brandy; cream the butter and sugar and add the brandy; add a few stoned raisins and some citron sliced thin.

## WHITE FRUIT CAKE, NO. 2.

Two cups white sugar beaten to a cream with I cup butter, I cup milk,  $2\frac{1}{2}$  cups flour, whites of 7 eggs, 2 teaspoons baking powder. Mix thoroughly and add I pound each of sliced citron, raisins, blanched almonds and figs.

### FIG CAKE.

One cup sugar and 2 eggs well beaten, I teaspoon baking powder sifted with I cup flour; stir in  $\frac{1}{3}$  cup boiling water. Bake either in square tins or in layers. Beat the white of an egg with pulverized sugar to make a thick frosting, and add I dozen raisins, 5 figs, a little citron, 3 slices lemon, chopped fine. Spread and put together, if baked in layers, or roll up while hot if square.

## FIG CAKE, NO. 2.

A large cup butter,  $2\frac{1}{2}$  cups sugar, I cup milk, 3 pints sifted flour, with 3 teaspoons baking powder, the whites of 16 eggs,  $1\frac{1}{4}$  pounds figs cut into strips like citron and well floured.

# FIG CAKE, NO. 3.

Three cups sugar, I cup each of butter and milk, 4 cups flour, 2 teaspoons baking powder, 12 beaten eggs; bake in layers. Take I

pound figs, boil till smooth and put between each layer with or without frosting. Frost the top.

### FIG POUND CAKE.

Brown sugar, chopped figs, raisins and flour, each I pound, butter  $\frac{3}{4}$  pound, sour milk or cream  $\frac{1}{2}$  pint,  $\frac{1}{2}$  teaspoon soda, 7 eggs and I nutmeg.

### FEATHER CAKE.

Beat to a cream ½ cup butter; add to it 2 cups sugar and beat well together; I cup milk with I teaspoon soda dissolved in it; beat well together, then add I cup sifted flour with 2 teaspoons cream of tartar previously rubbed into it; add next the well-beaten yolks of 3 eggs, beat the whites separately until stiff, add them and then 2 more cups flour; beat well between each successive addition; butter 2 middle-sized tins, put in the cake and bake for 20 minutes or ½ an hour in a moderate oven.

## FEATHER CAKE, NO. 2.

One cup white sugar, I teaspoon melted butter, I egg,  $\frac{2}{3}$  cup milk, 2 even cups sifted flour, 2 even teaspoons cream of tartar, I of soda; flavor with lemon; sift cream of tartar and soda into the flour. You will be surprised when you come to make this cake, it is so delicious.

### GENTLEMAN'S FAVORITE.

Seven eggs, whites and yolks beaten separately, 2 cups sugar and  $\frac{1}{2}$  cup butter worked to a cream, I tablespoon water, 2 teaspoons, level full, baking powder, 2 cups flour,  $\frac{1}{2}$  teaspoon salt; bake in jelly-cake tins.

Felly for same.—One egg, I cup sugar, 3 grated apples without the peelings, I lemon; stir till it thickens. Cool before using.

### GOLD CAKE.

The yolks of 8 eggs, 2 cups sugar, I cup butter, ½ cup milk, 3 cups flour, 2 teaspoons baking powder; flavor with orange extract.

### GOLD CAKE, NO. 2.

One-half cup butter, I cup sugar, I ½ cups sifted flour, ½ cup milk, I½ teaspoons baking powder, yolks of 4 eggs; flavor with lemon; beat the butter and sugar to a cream, then add the milk and flour, then the flavoring, and lastly the beaten yolks of the eggs.

A nice silver cake can be made as above by using the whites of the eggs and flavoring with vanilla.

### GROOM'S CAKE.

Ten eggs beaten separately, I pound each of butter, white sugar and flour, 2 pounds almonds, blanched and chopped fine, I pound seeded raisins, ½ pound citron shaved fine; beat the butter to a cream, add the sugar gradually, then the well-beaten yolks; stir all till very light, then add the chopped almonds; beat the whites stiff and add gently with the flour; take a little more flour and sprinkle over the raisins and citron, then put in the cake-pan, first a layer of cake batter, then a layer of raisins and citron, then cake, and so on until all is used, finishing off with a layer of cake. Bake in a moderate oven 2 hours.

### GINGER DROP CAKE.

One cup molasses, I cup sugar, I egg,  $\frac{2}{3}$  cup shortening, I cup boiling water, 2 teaspoons soda, flour to make a soft batter, a little alt and ginger.

### GINGER POUND CAKE.

Six cups flour, 2 cups each of butter, brown sugar and molasses, 8 eggs, I tablespoon each of cinnamon, ginger and soda, and 2 nutmegs; dissolve the soda in a cup of sour milk. In baking, take particular pains not to let the cake scorch, for gingerbread is of all cakes the easiest to burn. Line the pans with greased paper, and put brown paper over the top to prevent the crust forming too quickly.

# GINGER POUND CAKE, NO. 2.

Three cups flour, I cup molasses, I cup buttermilk, ½ cup sugar, ½ cup butter, 2 teaspoons saleratus, 2 teaspoons cinnamon, I teaspoon ginger and 2 eggs.

### DELICIOUS GINGERBREAD.

One cup molasses, I scant cup butter, 2 cups sugar, I cup sour milk, 4 eggs, 3 cups flour, I tablespoon ginger, I teaspoon soda.

## GINGERBREAD, NO. 2.

One cup each of molasses, sugar, and milk, ½ cup butter, 5 cups sifted flour, I tablespoon ginger, ½ teaspoon soda. Melt the butter in molasses and sugar; while warm, add the milk, with soda and flour; I tablespoon vinegar is an improvement, especially if maple sugar or syrup is used. Bake in long pie-tins. Don't fill the cups of flour more than level, or it will be too thick.

## GINGERBREAD, NO 3.

One cup each of butter, brown sugar, sour milk and molasses, 3 cups flour, 2 eggs, 2 heaping teaspoons ginger, 2 even teaspoons soda.

### SOFT GINGERBREAD.

One coffeecup each of sugar, molasses, and butter, 4 cups flour, I cup sour milk, 2 large teaspoons ginger, 2 teaspoons cinnamon, ½ teaspoon cloves, I teaspoon saleratus dissolved in the sour milk; stoned raisins may be added. Bake in sponge-cake tins.

### GINGER CUP CAKE.

Mix 2 cups powdered sugar with 2 cups warmed butter; add 3 well-beaten eggs, I cup molasses, 4 heaping cups flour, I tablespoon fresh-ground ginger, I teaspoon dissolved saleratus; mix thoroughly and pour into buttered molds or patty-pans. Bake in a moderate oven.

#### GINGER DROPS.

One-half cup sugar, I cup molasses, ½ cup butter, I teaspoon each of cinnamon, ginger and cloves, 2 teaspoons soda in I cup boiling water, 2½ cups flour; add 2 well-beaten eggs the last thing before baking. Bake in gem-tins or as a common gingerbread. It may be eaten as dessert with sauce.

### GINGERBREAD LOAF.

One cup molasses, ½ cup butter, ½ cup boiling water, I teaspoon ginger, I teaspoon soda; pour the water on to the butter; when cool add the other ingredients, and flour enough to roll. When baked, wet the top with molasses and water and sprinkle with sugar.

## ALUM GINGERBREAD.

One pint molasses, I teacup melted lard, I tablespoon ginger, I teaspoon salt, I teacup boiling water; in half the water dissolve I tablespoon pulverized alum, and in the other half I heaping tablespoon soda; stir in just flour enough to knead; roll about ½ inch thick; cut in oblong cards, and bake in a tolerably quick oven.

### EXCELLENT GINGERBREAD.

Take I cup each of sugar, butter, West India molasses, and sour milk or buttermilk, 2 eggs, I tablespoon ginger, I teaspoon cinnamon, and I of soda, dissolved in hot water. Take flour enough to make a good batter, say 4 or 5 cups, but do not make it too thick; stir the spices, sugar, butter and molasses together, keeping the mixture slightly warmed; then add the milk, then the eggs, beaten their lightest, then the soda, and then the flour, last. Beat it long and well, and bake in a large buttered pan; or, if for cakes, in pattypans. If you want to add raisins, dredge them with flour, and put them in the last thing.

### GRAHAM CUP CAKE.

Rub to a light cream ½ cup butter and I cup sugar; add 2 beaten eggs, ½ cup cream, 2 cups Graham flour, I heaping teaspoon baking powder, I teaspoon extract lemon; mix into a moderately thin batter; bake in well-greased cups or muffin-pans, in a moderate oven.

#### HANCOCK CAKE.

One cup butter, 2 cups sugar, 3 cups flour, 1 cup milk, 6 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar.

### HICKORY-NUT CAKE.

A quart of nuts carefully cracked and picked, and making then about a full coffee cup; 3 eggs, ½ cup butter, 1½ cups sugar, I cup milk and 3 cups flour is the material needed to make the cake, which should be baked in a moderate oven until a straw would pierce through the thickest portion and come out clean. Cream the sugar and butter by beating with a silver fork; beat the yolks and whites of the eggs separately, the latter stiff enough to cut; add the milk to the butter and sugar, then stir in the eggs, then the flour, well sifted, and lastly the nuts; mix quickly, pour into a large cake dish, so that the dough is only an inch or a little over from the bottom, and place immediately in the oven. Each ingredient must be mixed thoroughly before another one is added. If prepared flour is not used, add to the plain flour before sifting a heaping teaspoon of baking powder.

## HICKORY-NUT CAKE, NO. 2.

One cup butter, 2 cups sugar, 3 cups flour, 6 eggs, ½ cup milk, ½ teaspoon soda, 1 teaspoon cream of tartar, 1½ pints nutmeats.

## HICKORY-NUT CAKE, NO. 3.

Two cups white sugar, ½ cup butter, 3 cups flour, ¾ cup milk, ½ teaspoon soda dissolved in the milk, I teaspoon cream of tartar put into the flour, the whites of 8 eggs. Just before baking add 2 cups hickory-nut meats.

# HICKORY-NUT CAKE, NO. 4.

One and one-half cups sugar, ½ cup butter, ¾ cup milk, 2 cups flour with 2 teaspoons baking powder, whites of 4 eggs beaten thoroughly; bake in sheets.

Icing and Filling.—Whites of 3 eggs beaten stiff, 3 large table-spoons white sugar, I cup chopped nutmeats; flavor to suit taste with extract of orange, almond or lemon.

## HICKORY-NUT DROP CAKE.

Whites of 6 eggs beaten to a stiff froth; add I pound rolled sugar, I cup hickory-nut meats, I teaspoon baking powder, with

flour to stiffen so as to drop. Drop by spoons on a buttered tin and bake in a quick oven.

### HUCKLEBERRY CAKE.

One cup butter, 2 cups sugar, 3 cups flour, 5 eggs, I cup milk, 2 teaspoons baking powder, I teaspoon nutmeg, and the same of cinnamon, I pint ripe, fresh huckleberries, thickly dredged with flour. Stir the butter and sugar to a cream, add the beaten yolks, then the milk, the flour, and spice, the whites whipped stiff, and the baking powder. At the last stir in the huckleberries with a wooden spoon or paddle, not to bruise them. Bake in a loaf or card, in a moderate but steady oven, until a straw comes out clean from the thickest part. This is a delicious cake and deserves to be better known.

### HONEY CAKE.

Mix together I cup honey, and I cup sugar; add ½ cup melted butter, 2 beaten eggs, I pint flour sifted with 2 teaspoons baking powder, I teaspoon caraway seeds. Mix into a smooth batter and bake in a hot oven 30 minutes.

#### IMPERIAL CAKE.

Take 2 cups sugar, I cup butter, I cup milk,  $3\frac{1}{2}$  cups flour, 4 eggs, I teaspoon soda, 2 teaspoons cream of tartar; cream the butter and sugar and add the beaten yolks of the eggs, then the milk, then the flavoring and the whites; sift cream of tartar with the flour and add last, with  $\frac{1}{2}$  cup citron sliced fine, and I cup chopped almonds. If you wish a cake that combines quality and economy, give this a trial.

### ICE CREAM CAKE.

To the whites of 5 eggs, lightly beaten, add 2 cups sugar, 1 cup butter, 1 cup milk, 3 cups flour, and 3 teaspoons baking powder; bake in thin layers, and use as a cream to spread between,  $2\frac{1}{2}$  cups sugar, and  $\frac{1}{2}$  cup water boiled together; beat the whites of 3 eggs

to a stiff froth, and when the syrup will hair, pour it into the whites and stir as fast as possible; flavor with lemon or vanilla and spread between the layers and over the top.

## ICE CREAM CAKE, NO. 2.

Cream 2 cups sugar with ½ cup butter, add 3 cups flour, 2 teaspoons baking powder, and 1 teaspoon lemon extract, beat well, and mix in gently the stiffly beaten whites of 8 eggs; bake in jelly-cake pans.

For filling, beat the yolks of 4 eggs very light, with 2 cups cream. Flavor with extract of vanilla and spread between the layers of cake.

## JELLY CAKE.

Beat to a cream 3/4 cup butter and 2 cups sugar; add 5 eggs, 2 at a time, beating 5 minutes between each addition, 1 1/4 pints flour sifted with 1 1/2 teaspoons baking powder, 1 cup milk; mix to a smooth batter and bake in jelly-cake tins; spread with currant or other fruit jelly.

## JELLY ROLLS.

Three eggs, I cup sugar, I cup flour; beat yolks light; add sugar, 2 tablespoons water, pinch salt. Sift I teaspoon baking powder into flour and add it gradually. Bake in long shallow tins, turn out on a damp towel, spread with jelly and roll up.

# JENNY LIND CAKE.

Two and one-half cups sugar, I cup milk, 4 cups flour, 4 eggs, 2 teaspoons baking powder, bake in 3 sheets (2 of white). After taking out the quantity for the two white, leaving less than a third, add 2 tablespoons molasses, I teaspoon cloves, I teaspoon cinnamon, I grated nutmeg; add a little more flour to the dark; put together with thin frosting.

### KAFFEE KUCHEN.

One pound light raised dough, I ounce sugar and 3 of butter, I egg; cream the butter and beat well with the sugar and the egg; add the dough and mix thoroughly with the hand; put it in a warm

place to rise; when light, pour it in a small dripping-pan (when baked it should not be more than  $\frac{2}{3}$  of an inch thick) and let it stand 10 or 15 minutes; put in the oven and while baking prepare this icing:

Blanch 2 almonds and shred them; add to the beaten whites of 2 eggs I cup sugar; stir in the almonds, and when the cake is baked cover it with the icing and dry in the oven. The almonds may be browned a little if liked.

### KELLY ISLAND CAKE.

One cup butter, 2 of sugar, 3 of flour, 4 eggs, ½ cup milk, 3 teaspoons baking powder; bake in jelly-tins. For filling, stir together I grated lemon, I large grated tart apple, I egg, and I cup sugar, and boil 4 minutes. A very excellent cake.

## KENTUCKY CAKE.

Four cups flour mixed, dry, with 2 heaping teaspoon baking powder, 2 cups white sugar, I cup butter, ½ cup sweet cream, the whites of 8 eggs beaten to a stiff froth, added to the cream; flavor with vanilla, lemon or orange. Work the butter and sugar well together, then stir in the cream, then alternate the flour and eggs until all the ingredients are in, and last of all the extract. Put into deep buttered pans and bake in a moderate oven.

### KNICKERBOCKER CAKE.

Beat ½ pound fresh butter to a cream; add ½ pound powdered sugar, ¾ pound sifted flour, I tablespoon orange-flower water, and I of brandy, and 4 ounces washed currants; add 5 well-beaten eggs. and beat the mixture until very light. Line some shallow cake-tins with buttered paper, pour in the mixture until they are ½ full, and bake in a quick oven.

### LADY'S CAKE.

One-half cup butter, 1½ cups sugar, 2 cups flour, nearly 1 cup milk, ½ teaspoon soda, 1 teaspoon cream of tartar, whites of 4 eggs well beaten; flavor with peach or almond.

# LADY'S CAKE (gold).

One and one-half cups flour, I cup sugar, ½ cup butter, ½ cup milk, I teaspoon soda, 2 teaspoons cream of tartar, yolks of 4 eggs, I teaspoon vanilla.

#### LEMON CAKE.

Five eggs beaten with 3 cups sugar and I cup butter, I cup milk, 5 cups sifted flour, I lemon rind grated, ½ teaspoon soda dissolved well in the milk, and I teaspoon cream of tartar in the flour; after all is well beaten, add the juice of the lemon and bake immediately.

## LEMON CAKE, NO. 2.

To 4 well-beaten eggs, add 2 cups sugar, 2 tablespoons butter, ½ cup milk, 2 cups flour sifted with 2 teaspoons baking powder; bake in jelly-tins and put together with frosting made of the white of I egg, the juice and grated rind of I lemon, and sugar enough to stiffen.

## LEMON CAKE, NO. 3.

Three cups sugar, I cup butter, I cup milk, 5 eggs, 4 cups flour. Stir butter and sugar to a cream, beat the eggs separately, the whites to a stiff froth; dissolve a little soda in the milk; mix together; sift flour and stir in by degrees; add grated rind and juice of a fresh lemon. This is delicious.

## LEMON JELLY CAKE.

One and one-half cups sugar,  $\frac{1}{2}$  cup butter; beat to a cream;  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder, 3 eggs well beaten; bake in sheets or in jelly-tins.

Felly.—One cup sugar, I egg; grate the yellow rind and use with the juice of I lemon, I tablespoon water, I teaspoon flour; place the dish in a kettle of boiling water and let it thicken; when cool spread between the sheets.

### LIGHT CAKE.

Beat 6 eggs, yolks and whites separately; beat with the yolks 1 pound white sugar, 3/4 pound butter; add 1 pound flour sifted

with I teaspoon cream of tartar, and I cup milk with ½ teaspoon soda, I pound raisins, a little citron, and lemon peel, then the whites of the eggs beaten to a froth. Bake in a paper-lined cake-tin I hour in a moderate oven.

### LUNCH CAKE.

Beat thoroughly 2 cups butter and 2 cups sugar; add 2 cups egg well beaten, I½ pints flour sifted with I heaping teaspoon baking powder, I gill wine, I teaspoon each extract rose, cinnamon, and nutmeg; mix into a smooth batter and bake in a moderate oven I hour; when cold, ice with white icing.

### LOAF CAKE.

Two cups sugar and I cup butter beaten to a cream, 3 eggs, the whites beaten separately, 3 cups flour with I teaspoon cream of tartar, stirred in, yolks of the eggs stirred well with the sugar and butter; now add 2 cups more flour, with I teaspoon cream of tartar, I cup milk and the whites of the eggs, and then stir again; add I nutmeg, I pound raisins or currants dredged with flour, I teaspoon soda dissolved in 4 tablespoons water. This makes 2 nice loaves, and is excellent.

### LADY FINGERS.

Rub ½ pound butter into I pound flour; add ½ pound sugar; grate in the rind of 2 lemons, and squeeze in the juice of I; then add 3 eggs; make into a roll the size of the middle finger; it will spread in the oven to the size of a thin cake; dip in chocolate icing.

#### MARBLED CAKE.

Light Part.—One and one-half cups white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon soda, I teaspoon cream of tartar sifted with  $2\frac{1}{2}$  cups flour, whites of 4 eggs; beat and mix thoroughly.

Dark Part—One cup brown sugar, ½ cup butter, ½ cup sour milk, ½ teaspoon soda, 2½ cups flour, yolks of 4 eggs, ½ teaspoon each of cloves, allspice, cinnamon, and nutmeg.

With a spoon drop the two batters alternately into a papered cake-tin.

### MINNEHAHA CAKE.

One and one-half cups granulated sugar, ½ cup butter stirred to a cream, whites of 6 eggs, or 3 whole eggs, 2 teaspoons cream of tartar stirred in 2 heaping cups sifted flour, I teaspoon soda in ½ cup milk; bake in 3 layers. For filling, take a teacup sugar and a little water boiled together until it is brittle when dropped in cold water, remove from stove and stir quickly into the well-beaten white of an egg; add to this a cup of stoned raisins chopped fine, or a cup of chopped hickory-nut meats, and place between layers and over the top. A universal favorite.

### CHEAP MINNEHAHA CAKE.

One cup sugar, piece of butter the size of an egg, yolks of 2 eggs, I cup milk or water, 2 cups flour, 2 teaspoons cream of tartar, I of soda. Bake this in 3 or 4 tins according to their size.

For the Layers.—One and one-half cups sugar in a basin, put on a little water, let boil till it ropes; have the whites of the eggs beaten to a stiff froth and add. Have a cup of raisins chopped fine, add them, stirring briskly so it will not cook in lumps. Spread between the layers and on top. Try it.

### MOUNTAIN CAKE.

One cup sugar, ½ cup each of butter, milk, and corn-starch, I cup flour, whites of 6 eggs, a little vanilla, 2 teaspoons baking powder. Bake in layers. Put together with icing made by boiling ⅓ cup water with 2 cups sugar till thick; pour it slowly over the well-beaten whites of 2 eggs and beat all together till cool. Beat before putting on each layer. A handsome cocoanut cake can be made of this by sprinkling each layer and the top thickly with grated cocoanut.

### WHITE MOUNTAIN CAKE.

One pound sugar, I pound flour, ½ pound butter, I pint milk, whites of 6 eggs, ½ teaspoon soda, I teaspoon cream of tartar. Put together with frosting like jelly cake.

# SOFT MOLASSES CAKE—Eggless.

Two-thirds cup molasses, I tablespoon brown sugar, butter or lard the size of an egg, ½ cup sour milk, I teaspoon soda, 2 cups flour.

### MOLASSES CAKE.

Beat together  $\frac{1}{2}$  cup sugar, a piece of butter the size of an egg, and I egg; add  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  teaspoon soda, 2 cups flour, sifted, spices to suit the taste, and a cup of chopped raisins. Bake in a moderate oven.

## MOLASSES CAKE, NO. 2.

Beat together I cup butter and I cup brown sugar; add ½ cup molasses, I cup milk, I egg, I½ pints flour sifted with I½ teaspoons baking powder; mix into a consistent batter and bake about 40 minutes.

### MOLASSES BUNS.

One egg, yolks of 2 eggs, I cup brown sugar, 4 tablespoons melted butter, ½ cup sour milk, fill the cup with molasses and stir into it I teaspoon soda, I cup flour, I tablespoon cinnamon, I teaspoon cloves. Make frosting of the 2 whites and brown sugar. Bake in square tins and when frosted mark off into squares.

# MORETON FARM CAKE.—Eggless.

Two pounds butter, softened throughout, but not melted; add 2 pounds nice white, soft sugar, and mix together until creamed; take out ½ and reserve it in a bowl until wanted. To the rest add I quart pretty warm milk; stir in gradually 4 pounds flour, then mix in very thoroughly a cup of lively, home-made yeast. Let it stand in a warm place until very light, which will take about 4 hours; then add the remainder of the butter and sugar, and a little more flour if needed; add 2 pounds raisins nicely stoned, a little pulverized mace, and, if at hand, some candied lemon-peel; let it rise again, and when well raised mix it well, using the hands, and proportion it off into well-buttered pans; let them stand in a moderately warm place until

beginning to rise; put them into a steady oven and bake them fully an hour, or longer if only I or 2 pans are used. There are no eggs used in this cake—none are needed. It is an excellent cake for economical housekeepers to make in winter, when eggs are scarce and high-priced. If the top and sides are frosted it will keep moist for a long time. Brown paper is nice to wrap cake in before putting it into the cake box.

## NUT CAKE.

Two eggs, I cup sugar, ½ cup butter; beat together and add ½ cup milk, I½ cups sifted flour, 2 teaspoons baking powder, I large cup chopped walnuts; frost when baked, with icing without eggs No. 2. Mark in squares and put half a nut meat on each square.

# NUT CAKE, NO. 2.

One cup butter, 2 cups white sugar, 4 cups flour, 1 cup milk, the whites of 8 eggs, 3 teaspoons baking powder, and 2 cups copped nut meats.

## WHITE NUT CAKE.

Whites of 12 eggs beaten to a froth, I cup butter, 2 cups sugar,  $3\frac{1}{2}$  cups flour, I teaspoon yeast powder. After the butter is well mixed add I large cocoanut, grated; I large tumbler kernels of pecans, and I tumbler blanched almonds, the almonds to be slightly mashed in a mortar.

#### NEAPOLITAN CAKE.

Black Part.—One cup brown sugar, 2 eggs, ½ cup each of butter, molasses, and strong coffee, 2½ cups flour, I each of raisins, and currants, I teaspoon each of soda, cinnamon and cloves, and ½ teaspoon mace.

White Part.—Two cups sugar, ½ cup butter, I of milk, 2¼ of flour, I of corn-starch, whites of 4 eggs, I small teaspoon cream of tartar.

Bake the cakes in round jelly-pans with straight edges; the loaves should be 1½ inches thick after baking. When the cake is cold,

each black loaf should be spread with a thick coating of lemon and sugar, made as follows: The white of I egg thoroughly beaten, the grated rind of 2 and the juice of 3 lemons; powdered sugar enough to make a thick frosting; lay a white loaf on each black one and frost as you would any other cake.

## NEW YEAR'S CAKE.

Light Part.—Take ½ pound sugar, ¼ pound butter, ½ pound flour, whites of 8 eggs, 2 teaspoons baking powder, I grated cocoanut, ½ pound citron, chopped fine, I pound blanched almonds cut in very thin slices. Flavor with extract almond. Bake in 3 jelly-cake pans.

Dark Part.—Take ½ pound sugar, ¼ pound butter, ½ pound flour, 2 teaspoons baking powder, yolks of 6 eggs, beat well and add ½ pound each of seeded raisins and currants, ¼ pound chopped figs, ½ ounce each of cinnamon, allspice, cloves and mace; bake in jelly pans. Make icing. Spread alternately on the black and white cake, and put together. Ice the top, and ornament handsomely for the center of the table.

#### ORANGE CAKE.

Beat the whites of 3 and the yolks of 5 eggs separately; stir to a cream 2 cups sugar and ½ cup butter, add I cup cold water, 2½ cups flour with 2 teaspoons baking powder, grated rind and all the juice of I orange, except I tablespoon saved for the frosting; bake in 2 square tins.

Frosting.—Whites of 2 eggs, 2 small cups sugar, with a table-spoon of orange juice saved from the cake. When the cake is cold join with this frosting and frost the top.

# ORANGE CAKE, NO. 2.

Three eggs, I tablespoon butter, I ½ cups sugar, 2 cups flour, with 2 teaspoons baking powder sifted with the flour, ½ cup rich milk, a very little salt, orange juice, or some extract of lemon. Bake on jelly-cake tins.

Felly for Orange Cake.—Take 2 good oranges, grate a part of the rind of I, then peel them and grate them all; remove the seeds and add I cup sugar, 2 tablespoons water, and scald in a tin pail set in a kettle of hot water. Take I tablespoon corn-starch, mix smooth with a few spoons cold water and stir into the orange and cook just enough to cook the corn-starch; when nearly or quite cold, beat the whites of 2 eggs and add powdered sugar for frosting; leave out a little of this for the top of the cake if you like, and stir the rest into the orange, and you will have a jelly that will not run off or soak into the cake.

# ORANGE CAKE, NO. 3.

Two cups sugar, 4 eggs, leaving out the whites of 2, ½ cup butter, I cup water, 2 teaspoons baking powder, 3 cups flour, juice, grated rind, and pulp of I orange; use the remaining whites for frosting the top

#### PEACH CAKE.

Bake the sheets of sponge cake as for jelly-cake; cut nice ripe peaches in thin slices; prepare cream by whipping, sweetening and 'adding flavor of vanilla, if desired; put layers of peaches between the sheets of cake; pour cream over each layer and over the top. To be eaten soon after it is prepared.

#### PERFECTION CAKE.

Three cups sugar, 3 cups flour, I cup butter, I cup milk, I cup corn-starch, the whites of 12 eggs beaten to a stiff froth. Before sifting the flour put in 3 teaspoons baking powder; sift all together. Dissolve the corn-starch in the milk and add it to the butter and sugar well beaten together; then add the flour and the whites of the eggs. Never beat in a tin dish.

#### PORK CAKE.

Take I pound fat salt pork free from lean or rind, chop as fine as to be almost like lard, pour upon it  $\frac{1}{2}$  pint boiling water; add 2

cups sugar, I cup molasses, I teaspoon soda stirred into the molasses, I pound raisins, ¼ pound citron shaved fine; stir in sifted flour enough to make of the consistency of common cake batter; season with I teaspoon each of nutmeg and cloves and 2 teaspoons cinnamon. Bake in a moderate oven.

#### PINAFORE CAKE.

One and one-half cups sugar, ½ cup butter, ½ cup milk, 2 cups flour, whites of 4 eggs, 2 teaspoons baking powder. Flavor with lemon. When mixed take out enough for 2 cakes, to be baked in flat tins for layer cakes. To the rest, add I teaspoon strawberry extract and bake as the first.

Cream to put Between.—One pint of milk, yolks of 4 eggs, I teaspoon corn-starch; flavor with vanilla. Make the icing for the top pink.

## PINK AND WHITE LAYER CAKE.

One cup butter, 2 cups sugar; beat to a cream; I cup milk, I cup corn-starch, 2 cups flour, 2 teaspoons baking powder, well sifted, dry, with the flour; whites of 6 eggs beaten stiff; stir all together. This will make 5 layers; separate enough to make 2 layers, and add to it I teaspoon fruit coloring.

Filling and Frosting.—Whites of 2 eggs beaten stiff, adding white sugar and extract of orange. First cover a white layer with filling, then lay on a pink layer and cover that, next a white, next pink, last white, filling between each and frosting the top.

#### PORTUGUESE CAKE.

Beat together I½ cups butter and 4 cups sugar, add 8 eggs, 2 at a time, beating 5 minutes between each addition, I pint flour sifted with I heaping teaspoon baking powder, 3 cups almonds blanched and pounded to a paste with a little water, I cup seedless raisins, I cup currants; season with nutmeg; mix into a batter and bake in a well-papered tin in a steady oven I½ hours.

### PUFF CAKE.

Two cups sugar, 3 eggs, I cup butter, I cup milk, 2 teaspoons cream of tartar, I teaspoon soda, 3 cups flour. Bake in a quick oven.

#### PEARL CAKE.

One cup butter, 2 cups sugar, I cup milk, I cup corn-starch, 2 cups flour, ½ teaspoon soda, I teaspoon cream of tartar, whites of 5 eggs. Cream the butter and sugar, add the beaten eggs, sift cream of tartar into flour, put soda into the milk; mix thoroughly.

### PINE-APPLE CAKE.

One cup butter, 2 cups sugar, I cup milk; 3 cups flour, whites of 6 eggs and yolks of 4, 3 teaspoons baking powder well mixed through flour; bake in jelly-cake pans; grate a pine-apple; sprinkle with sugar, spread between the layers; pine-apple jam may be substituted; frost the outside; beat 2 tablespoons of the pine-apple into the frosting.

#### PLUM CAKE.

Beat together 2 cups butter, I cup sugar, 2 eggs, I cup molasses, I cup milk, I teaspoon each of allspice, cinnamon and mace, I gill brandy, 2 pounds each of currants and raisins, ½ pound citron, ½ teaspoon soda. Flour to thicken.

#### POUND CAKE.

Sugar, I pound (2½ cups), butter, I pound (2 cups), flour, I pound (3 cups), IO eggs, I teaspoon soda. Beat the yolks and whites separately, and, if you wish a fruit cake, use I pound of either raisins or currants.

#### COCOANUT POUND CAKE.

Beat ½ pound of butter to a cream; add gradually I pound sugar, I pound flour sifted with 2 teaspoons baking powder, a pinch of salt, I teaspoon grated lemon peel, ¼ pound prepared cocoanut, 4 well-beaten eggs, I cup milk; mix thoroughly; butter the tins and line them

with buttered paper; pour the mixture in to the depth of I½ inches, and bake in a good oven; when baked, take out, spread icing over them and return to the oven to dry the icing.

## CITRON POUND CAKE.

One pound sugar, I pound flour, 3/4 pound butter, 8 large or 10 small eggs, I1/4 pounds citron finely shredded; cream butter and sugar, add the yolks, then the flour and well-whipped whites; put layer of batter in cake-pan and sprinkle thickly with citron, then another layer of batter, etc., till pan is filled. Bake slowly I1/2 to 2 hours.

## MOLLIE'S POUND CAKE.

One pound sugar, 3/4 pound butter, 1 pound flour, 10 eggs beaten separate, putting in the whites last. This is very fine.

#### WHITE POUND CAKE.

One pound flour, 3/4 pound butter, 1 pound sugar, whites of 16 eggs beaten to a froth; flavor with extract bitter almond. Elegant.

# QUEEN CAKE.

One pound sugar, I pound flour sifted with I heaping teaspoon baking powder, 3/4 pound butter, 5 eggs, I gill sweet cream, I teaspoon extract of nectarine, I tablespoon water and I grated nutmeg; beat the sugar and butter to a cream, add the eggs beaten very light, then the cream and flour, and lastly the flavoring.

# QUINCY CAKE.

One cup butter, 3 cups powdered sugar, 4 cups flour sifted with  $1\frac{1}{2}$  teaspoons cream of tartar, I cup milk, I teaspoon soda, the juice and rind of I fresh lemon, whites of 10 eggs beaten to a stiff froth. Bake  $1\frac{1}{2}$  or 2 hours in a pan.

## RAISIN CAKE.

One-half cup butter, I cup sugar, I cup sour milk, 2 eggs, I cup raisins, ½ teaspoon soda, I teaspoon each of cloves, cinnamon and nutmeg, flour to thicken.

#### RECEPTION CAKE.

Beat together 2 cups of butter and 2 cups sugar; add Io beaten eggs, I quart flour sifted with 2 teaspoons baking powder, 2 cups currants, I cup shaved citron, ½ of an orange peel cut fine, ½ cup blanched almonds cut fine; season with allspice and cinnamon; put into a paper-lined cake-tin and bake in a moderate oven.

#### RICE CAKE.

Beat together ½ cup butter, 2 cups sugar, and 4 eggs; add ½ cup sweet cream; sift together 1½ cups rice flour, 1½ cups flour, and 1 heaping teaspoon baking powder; mix all together and season with lemon extract. Bake in patty-pans in a hot oven.

#### ROSE CAKE.

One-half cup white sugar, ½ cup red sugar, ½ cup butter, ½ cup milk, 2 cups flour, I teaspoon baking powder; flavor with rose. Beat the butter and sugar to a cream; then the red sugar, milk and flour; whites of 6 eggs beaten to a froth the last thing. Bake in a slow oven.

## ROCHESTER JELLY CAKE.

Three eggs, whites and yolks beaten separately, 2 cups sugar, ½ cup butter, I cup milk, 3 cups flour, I tablespoon baking powder. Take ½ of the above mixture and bake in 2 square pans, then add to the remainder I cup stoned and chopped raisins, ¼ pound citron shaved fine, I teaspoon cinnamon, I nutmeg, ½ teaspoon each of cloves and allspice, I tablespoon each of molasses and flour. Bake in like pans and place in alternate layers with raspberry jam or any kind of jelly.

The same put together with frosting is called Ribbon Cake.

#### SPANISH BUNS.

One pint flour, I pint sugar, I small cup butter, I cup milk, I½ teaspoons baking powder, I teaspoon each cinnamon and cloves, 4 eggs; reserve whites of 2 for frosting. Bake in square tins, and when done cut into small squares and frost all over.

# SPANISH BUNS, NO. 2.

One whole egg, the yolks of 2, 1 cup brown sugar, 4 tablespoons melted butter, ½ cup sour milk, and fill the cup with molasses; stir into it 1 teaspoon soda, 1 cup flour, 1 tablespoon cinnamon, 1 teaspoon cloves; bake in square tin; make frosting of the two whites of eggs and brown sugar. When cool mark in squares.

### SPONGE CAKE WITH HOT WATER.

One cup sugar and 2 eggs well beaten together, I teaspoon baking powder sifted with I cup flour; stir well together, then stir in 1/3 cup boiling water or milk; bake quickly in a buttered tin. If these directions are followed the cake will be very nice. This is best when baked in a pan with a tube in the center.

### SPONGE CAKE.

Beat the yolks of 3 eggs until light, add about ½ of the whites beaten very light, and I cup sugar, and ½ saltspoon salt; pour in the rest of the whites and I tablespoon lemon juice, and lastly I cup flour; beat all together thoroughly and bake in a moderately hot oven. This makes 12 small cakes baked in patty pans, or a nice loaf in a pan with a funnel through the middle. Tried and sure. No soda or baking powder.

#### DELICIOUS SPONGE CAKE.

Twelve eggs, I pound sugar, 12 ounces flour, a pinch of salt; flavor. Beat the whites to a very stiff froth, the yolks till the bubbles look fine. When the yolks are beaten enough add the sugar and beat till sugar is dissolved; then add the whites and lastly the flour, and bake immediately in brick-shaped tins. This will make 2 loaves. You will find your cake so much nicer if baked in a paste. Make with flour and water only; roll out on the board same as pie crust, line your greased tins all over inside with the paste and pour in the batter. Bake nearly an hour. Do not break off the paste till you want to use it. Your cake will be more moist and keep longer indeed, the cake will be much better a day or two old.

#### SPONGE CAKE ROLL.

Take 2 teacups sugar, 2 teacups flour, 2 heaping teaspoons baking powder; into this break 6 good-sized eggs; beat all well together, turn into square jelly-tins, and bake in a quick oven to a light brown. When done turn out on a moulding board, and spread quickly with jelly; roll carefully out and wrap each roll in a clean napkin and serve. The eggs are not beaten separately, and the quicker the cake is put together the better it will be.

## WHITE SPONGE CAKE.

One and two-thirds cups granulated sugar, whites of 8 eggs beaten to a stiff froth, I good cup flour, I teaspoon cream of tartar mixed thoroughly in flour; mix together and bake in basin lined with well-buttered paper 3/4 of an hour. Season with extract lemon when done.

#### SPICE CAKE.

One and one-half cups sugar,  $\frac{2}{3}$  cup butter, I cup seeded raisins,  $\frac{2}{3}$  cup milk, 3 cups flour, 2 eggs, I heaping teaspoon cream of tartar,  $\frac{1}{2}$  even teaspoon soda, cinnamon, nutmeg and cloves to taste.

## SILVER CAKE.

Beat to a froth the whites of 6 eggs; add 2 cups sugar,  $\frac{2}{3}$  cup butter; beat well together and add 1 cup milk with 1 teaspoon soda, 2 cups flour and 1 cup corn-starch sifted with 2 teaspoons cream of tartar; flavor with any extract. (See, also, under Gold Cake.)

The same made by substituting the yolks for the whites makes a nice gold cake.

#### SNOW CAKE.

One-half teacup butter, I cup sugar, 1½ cups flour, ½ cup milk, whites of 4 eggs, I teaspoon baking powder; flavor with lemon.

## SNOW CAKE, NO. 2.

Whites of 10 eggs beaten to a stiff froth, sift lightly on this 1½ cups fine white or pulverized sugar, stir well, and add 1 cup flour mixed with 1 teaspoon cream of tartar; flavor with lemon or vanilla.

# SNOW CAKE, NO. 3.

Three-fourths cup butter, 2 cups sugar, I cup milk, I cup cornstarch, 2 cups flour, I ½ teaspoons baking powder. Mix corn-starch, flour and baking powder together; add the butter and sugar alternately with the milk. Add last the whites of 7 eggs; flavor to taste.

### SNOW DRIFT CAKE.

Two cups powdered sugar, I heaping cup prepared flour, 10 eggs, the whites only, whipped stiff; juice of I lemon and ½ the grated peel, a little salt. Whip the eggs stiff, beat in the sugar, lemon, salt, and finally the flour. Stir in very lightly and quickly and bake at once in 2 loaves, or in square cards. It is a beautiful and delicious cake when fresh. It is very nice baked as a jelly-cake and spread with this:

Filling.—Whites of 3 eggs, I heaping cup powdered sugar; juice of I orange and ½ the peel; juice of ½ lemon. Whip to a good meringue and put between the layers, adding more sugar for the frosting on top.

#### SCOTCH CAKE.

One cup butter, 2 cups sugar, 3 cups flour, 9 eggs, I wine-glass brandy, I pound raisins, the grated rind and juice of I lemon. Bake in a moderate oven.

#### SWISS CAKE.

One-quarter cup butter,  $1\frac{1}{2}$  cups sugar,  $2\frac{1}{2}$  cups flour, I cup milk, 2 eggs, I teaspoon cream of tartar, and  $\frac{1}{2}$  teaspoon soda. Stir the butter and sugar to a cream; add the eggs, well beaten. Mix and flavor with lemon. This makes a good and inexpensive cake.

#### SEED CAKE.

Beat together I cup sugar, ½ cup butter, and 2 eggs; add ½ cup milk, and 2 cups flour sifted with 2 teaspoons baking powder; stir in I tablespoon caraway seed and season with nutmeg. Bake in a loaf or in patty-tins.

#### STRAWBERRY CAKE.

Three eggs, I cup sugar, 2 cups flour, ½ cup milk, I tablespoon butter, I heaping teaspoon baking powder. Beat the butter and sugar together, and add the eggs well beaten. Stir in the flour and baking powder well sifted together. Bake in deep tin plate. This quantity will fill 4 plates. With 3 pints strawberries, mix I cup sugar and mash them a little. Spread the fruit between the layers of cake. The top layer of strawberries may be covered with a meringue made with the white of I egg and I tablespoon powdered sugar.

Save out the largest berries and arrange them around in circles on the top in white frosting. Makes a very fancy dish, as well as a most delicious cake.

## SULTANA CAKE.

Beat together 1½ cups butter and 1½ cups sugar; add 6 eggs, 2 at a time, beating 5 minutes between each addition, 1½ pints flour, sifted with 1 teaspoon baking powder, ½ cup thick cream, 4 cups Sultana raisins, ½ cup chopped citron; mix thoroughly and put in a paper-lined cake-tin well buttered. Bake in a moderate oven 1¼ hours. When done, spread with transparent icing.

#### TEA CAKE.

One cup sugar, I egg,  $\frac{1}{2}$  cup butter, I cup milk, 2 coffee-cups flour, 3 teaspoons baking powder, and flavor as desired. For a "Reception Cake," frost the top, and decorate with walnut meats.

### DELICATE TEA CAKE.

The whites of 3 eggs beaten to a froth, I cup pulverized white sugar, ½ cup milk, I teaspoon cream of tartar, ½ teaspoon soda, 2 cups flour, ½ cup corn-starch, I teaspoon blanched almonds, ½ cup melted butter.

#### TUTTI FRUTTI CAKE.

Two cups sugar, ½ cup butter, I cup milk, whites of 5 eggs, 3 cups flour, 3 teaspoons baking powder. Bake in layers.

Frosting.—One-half cup water, 3 cups sugar, whites of 2 eggs; boil sugar and water until thick and waxy; beat the whites of the eggs to a stiff froth and pour the syrup over them, beating all till cool; then add ½ pound almonds, blanched, I cup raisins, stoned, and ¼ pound citron, all chopped fine; spread between the layers and over the top and sides.

#### TIP-TOP CAKE.

One cup sugar, ½ cup butter, I egg, I cup milk, 2 cups flour, 2 teaspoons baking powder.

#### TUNBRIDGE CAKE.

Bake a plain sponge cake in a cylinder-mold; when cold cut it in thin slices, lay the bottom piece on a plate, spread over any kind of fruit-jelly and 2 tablespoons of any kind of wine; repeat this until all the cake is used; prepare a meringue paste of the whites of 4 eggs beaten stiff, with 2 cups sugar; use it to entirely cover the top and sides of the cake; sift sugar plentifully over it and place it in an oven to brown just a fawn color; when ready to serve slide it off the plate into a glass dish and pile round it I pint of whipped cream. Flavor with any extract to suit the taste. Nice for tea or dessert.

#### UNIVERSAL CAKE.

Two cups sugar,  $\frac{1}{2}$  cup butter, I cup milk, whites of 5 eggs, 3 cups flour, 2 teaspoons baking powder; any flavoring to suit.

This mixture serves for many kinds of cake; if layer, the filling is what names the cake; the addition of raisins, currants, spices, etc., makes a fruit cake. As this takes only the whites of the eggs, it would be well to make a gold cake in the same manner, to utilize the yolks.

#### VAN BUREN CAKE.

One cup sugar, ½ cup butter, ½ cup milk, 3 eggs, ½ cup chopped raisins, 2 teaspoons baking powder, about 2 cups flour flavor with nutmeg. Put the butter, sugar, milk and well-beaten eggs together, then stir in the flour and raisins. By putting them

together I have never had any trouble about the raisins falling to the bottom of the cake, but they have been evenly distributed through it. A cake with raisins needs a little more flour than one without them. This cake will keep well.

## VANILLA CAKE.

One cup butter, 2 cups pulverized sugar, I cup milk, 3 cups flour, ½ cup corn-starch sifted with 2 teaspoons baking powder, 4 eggs, 2 teaspoons extract of vanilla.

# VANILLA CAKE, NO. 2.

Rub I cup sugar with ½ cup butter to a cream; add the whites of 3 eggs, ½ cup milk, 2 cups flour, I teaspoon baking powder; bake in 3 cakes. Take the yolks of the 3 eggs, I cup pulverized sugar, and I teaspoon vanilla; beat together I5 minutes. When the cakes are cold or slightly warm spread this mixture between them.

#### VANITY CAKE.

One and one-half cups sugar, ½ cup butter, ½ cup milk, 1½ cups flour, ½ cup corn-starch, I teaspoon baking powder, whites of 6 eggs; bake in 2 cakes, putting frosting between and on top.

## WATERMELON CAKE.

White Part.—Two cups white sugar, I cup butter, I cup milk, 3½ cups flour, whites of 8 eggs, 2 teaspoons cream of tartar, I teaspoon soda dissolved in a little warm water.

Red Part.—One cup red sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{3}$  cup milk, 2 cups flour, whites of 4 eggs, I teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, I cup raisins; be careful to keep the red part around the tube of the pan, and the white around the edge. It requires 2 persons to fill the pan. This is a very attractive and ornamental cake.

#### WASHINGTON CAKE.

One cup butter, 3 cups brown sugar, I cup milk, 4 eggs, I teaspoon each extract cinnamon and nutmeg, and I teaspoon ground allspice, I cup seeded raisins, 3 cups flour, and 2 teaspoons baking powder.

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#### WEDDING CAKE.

Take 1½ pounds each of flour, butter and sugar, ½ pound each of candied lemon, candied orange, and candied citron, I pound dried cherries, 1½ pounds currants (or if the cherries can not be readily obtained, use a pound more of currants), 8 ounces almonds, 8 eggs, 2 teaspoons orange, or lemon extract, ½ ounce spices, consisting of powdered cinnamon, grated nutmeg, and ground cloves in equal proportion, I teaspoon salt, and I small tumbler brandy (if objected to, the brandy



may be omitted and another egg added). Wash, pick and dry the currants, cut the cherries into moderate sized pieces, shred the candied peel, blanch and pound the almonds, or cut them into very small pieces.

Put the butter into a large bowl, and beat it to cream, either with a wooden spoon or with the hand. Add very gradually the sugar, flour, and eggs, and when they are thoroughly mixed work in the rest of the ingredients. Put them in a little at a time

and beat the cake between each addition. It should be beaten fully  $\frac{3}{4}$  hour. Line a tin hoop with double thicknesses of buttered paper, pour in the mixture, and place it on a metal baking-sheet with 12 folds of paper under it, and 4 or 5 on top, to keep it from burning. Put it into a moderately heated oven at an even temperature until it is done enough. If the cake is to be iced, first prepare the almond part:

Blanch ½ pound almonds. Pound them in a mortar with a few drops of orange-flower water, I pound fine white sugar, and as much white of egg as will make a soft, stiff

paste. Spread this over the top of the cake, and keep it from the edge as much as possible. Put it in a cool oven or in a warm place, until it is dry and hard. To make the sugar icing, put 2 pounds icing sugar into a bowl and work it into the whites of 2, or if necessary, 3, or even 4, eggs. The whites must not be whisked, but thrown in as they are. Work the mixture to a stiff, shiny paste, and while working it add occasionally a drop of lemon-juice. Be careful to obtain icing sugar. If a drop of liquid blue is added it will make it look whiter. The icing will need to be worked vigorously to make a paste that will not run, and the fewer eggs taken the better. The cake ought not to be iced until a short time before it is wanted, as it may get dirty. The icing should be spread evenly over with the hand wetted with cold water, then smoothed with an ivory knife, and it should be put into a gentle oven to harden. It may be ornamented with little knobs of icing placed round the edge; and on the day of the wedding a wreath of white flowers and green leaves may be placed round it by way of ornament. If anything more elaborate is required, a pretty center ornament may be made with glazed white card-board, silver paper, and orange blossoms; or a stand and a drum, with artificial flowers, may be hired of the confectioner. Time to bake the cake, about 6 hours.

# WEDDING CAKE, NO. 2.

Six cups butter, 4 cups sugar, 16 eggs, 3 pints flour, 6 cups currants, washed, dried, and picked, 3 cups sultana raisins, 3 cups citron, 2 cups candied lemon peel, 2 cups almonds, blanched and cut in shreds, ½ pint brandy, 2 ounces each nutmeg, mace, and cinnamon, 1 tablespoon each cloves and allspice.

Prepare all these ingredients in the following manner: Place the butter and sugar in a large bowl; break the eggs into a quart measure or pitcher; cover a small waiter with a clean sheet of paper, and on it lay the sifted flour, fruit, citron, and lemon peel cut into shreds, the almonds and spices, with the brandy measured at hand; also get ready a large cake-tin by papering it inside with white paper, and outside and bottom with four or five thicknesses of coarse wrapping paper, which can be tied on.

Having thus prepared everything, and the fire banked up to last, with the addition from time to time of just a shovel of coal, by which means you will not reduce the oven heat, proceed to beat to a very light cream the butter and sugar, adding the eggs, 2 at a time, beating a little between each addition until all are used; then put in contents of the waiter all at once with the brandy; mix very thoroughly, and smooth; put it into the prepared cake-tin, smooth over the top, put plenty of paper on to protect it, and bake 8 hours, keeping the oven steadily up to a clear, moderate heat; watch it faithfully, and you will produce a cake worthy of the occasion; remove from the oven very carefully, and suffer it to stay on the tin until quite cold; the next day ice it with a thin coat of white icing, both the top and the sides; and place in a cool oven to dry the icing. Now spread a second coat of icing, which will prevent any crumbs or fruit being mixed up with the icing when you are icing to finish; now with a broad knife proceed, when the first coat is dry, to ice the sides, then pour the icing on the center of the cake, in quantity sufficient to reach the edges, when stop; decorate with a vase of white, made flowers, etc., to taste.

#### TIN-WEDDING CAKE.

Rub I cup butter and 2 cups sugar to a cream; add I cup milk, 4 cups flour, 5 eggs, I teaspoon cream of tartar, ½ teaspoon soda, ¼ pound citron. This makes 2 loaves.

#### WALNUT CAKE.

One coffeecup sugar, 1½ cups flour, 2 cups raisins, 1 cup walnut meats, ½ cup butter, ½ cup milk, 3 eggs, ½ nutmeg, ½ teaspoon soda or 2 teaspoons baking powder; flavor with lemon or vanilla.

#### WEBSTER CAKES.

Beat together thoroughly 1 cup butter, 3 cups sugar, and 2 eggs; add 5 cups flour sifted with 2 teaspoons baking powder, 1½ cups milk, 2 cups seedless raisins, I teaspoon each extract of bitter almonds and vanilla. Bake in a quick, steady oven 45 minutes.

#### WHITE CAKE.

Whites of 8 eggs well whipped, 3 cups pulverized sugar, I cup butter, I cup milk, 4 cups sifted flour with I teaspoon cream of tartar, ½ teaspoon soda dissolved in the milk, juice of I lemon. Bake I hour in a moderate oven.

## WHITE CAKE, NO. 2.

One cup sugar, I tablespoon butter, whites of 3 eggs beaten to a froth, I cup milk, 2 cups flour,  $2\frac{1}{2}$  teaspoons baking powder. Bake in a square or oblong shallow tin. To make this fine stir 15 or 20 minutes.

Frosting.—One cup sugar dissolved in a little water and boiled until it will hair from the spoon; have ready the beaten white of I egg; pour the boiling frosting into the egg, beating rapidly until it begins to cool and thicken; spread on the cake; halve English walnuts and put on the frosting about I inch apart.

# WHITE CAKE, NO. 3.

One and one-half cups pulverized sugar, ½ cup butter, 2 cups flour before sifting, I teaspoon baking powder, whites of 4 eggs, ¾ cup milk; flavor to taste.

#### WHITE PERFECTION CAKE.

Three cups sugar, I cup butter, I cup milk, 3 cups flour, I cup corn-starch, whites of 12 eggs beaten to a stiff froth, 2 teaspoons cream of tartar in the flour, and I of soda in ½ the milk; dissolve the corn-starch in the rest of the milk, and add it to the sugar and butter well beaten together, then the milk and soda, and the flour and whites of eggs. This cake is rightly named "Perfection."

#### YULE CAKE.

Rub together 2½ cups butter and 3 cups sugar; add 10 beaten eggs, 4 cups flour, with 2 teaspoons baking powder, 4 cups currants, ½ cup chopped citron, 1 teaspoon each of extract nutmeg and cloves, 1 gill brandy. Bake in a well-greased, paper-lined tin, in a moderate oven, 2½ hours.

# ZUCKER KUCHEN (SUGAR CAKE).

Take bread dough, as large as a good-sized loaf, I pint milk, I small cup butter, 2 handfuls sugar, and I teaspoon cinnamon. Mix the butter in the milk on the stove; make a hole in the dough, put in the sugar, 2 eggs and the cinnamon; then add the warm milk and butter, mix well, add flour enough to make a light dough; let it rise again. Roll it out I½ inches thick, put in a dripping-pan; beat light I egg and spread it over the top; lay pieces of butter, raisins chopped almonds, and sifted sugar on the top. Bake in a hot oven 15 or 16 minutes.

# ICINGS.

For icing cakes use only fresh eggs and sift your pulverized sugar. For boiled icings never stir the sugar with a spoon after it is dissolved. If there is danger of burning shake the dish. Take off as soon as it will hair, or crackle when dropped into water, and stir it immediately into the beaten eggs.

#### ALMOND ICING.

Whites of 3 eggs whisked to a standing froth,  $\frac{3}{4}$  pound powdered sugar,  $\frac{1}{2}$  pound sweet almonds, blanched and pounded to a paste. When beaten fine and smooth, work gradually into the icing; flavor with lemon juice and rose water. This frosting is delicious. Dry in the open air when practicable.

#### BOILED ICING.

Two and one-half cups sugar,  $\frac{2}{3}$  cup water; boil until it candies—that is, until it will drop from the spoon in threads, or will harden in cold water; then add the whites of 3 eggs beaten to a stiff froth; stir it briskly for a few minutes until it is perfectly smooth. Add the juice of I lemon. This is enough to put between the layers of a medium-sized cake, and will also cover the top and sides. When you wish to frost the top and sides only, I cup sugar and I egg will be plenty.

# BOILED ICING, NO. 2.

One and one-half cups sugar; put to this 2 tablespoons water; let it boil on the back of the stove until it is waxy, or stringy; then add whites of 2 eggs.

#### CARAMEL FROSTING.

Four cups brown sugar, I cup sweet cream; boil together until it will string from the spoon. Stir until nearly cool and spread between layers of cake.

## COMMON ICING.

Beat the white of I egg to a stiff froth, and stir pulverized sugar into it until it is thick. When spreading frosting over a cake use a knife, and dip it into hot water if you have any trouble about making the frosting smooth. Set the cake into the heater for 4 or 5 minutes. You may add to this frosting some whole blanched almonds, and flavor the frosting with almond extract.

If you wish to frost the top of the cake only, put the frosting on, and then pin a piece of clean white paper around the cake to prevent its running over the sides.

# CONFECTIONERS' THICK ICING.

Put I pound granulated sugar and ½ pint water in a perfectly clean saucepan, stir continually over the fire until the sugar dissolves, then boil without stirring until the syrup spins a heavy thread from a spoon dipped into it. Beat the whites of 2 eggs to a very stiff froth; add to them gradually the syrup, beating rapidly all the while; then add ¼ teaspoon cream of tartar, and beat until cold and thick. Flavor to taste.

## CHOCOLATE GLACE.

Grate I ounce chocolate and put it into a small saucepan with 3 tablespoons granulated sugar and I tablespoon water, stand it over a tea-kettle of boiling water and stir until smooth and glossy. Put into a bowl the white of I egg, 2 tablespoons ice water, and  $\frac{1}{2}$  cup

confectioner's sugar; beat until smooth, then add the chocolate mixture, add a teaspoon vanilla, and if necessary more confectioner's sugar. It should be thick enough to spread easily.

#### CHOCOLATE ICING.

Six rounded tablespoons grated chocolate, 1½ cups powdered sugar, whites of 3 eggs; beat the whites but very little (they must not become white), add the chocolate, stir it in; then pour in the sugar gradually, beating to mix it well.

# CHOCOLATE ICING, NO. 2.

One-half cake chocolate grated fine,  $\frac{2}{3}$  cup sugar,  $\frac{1}{2}$  cup milk or cream; boiled and stirred to a paste.

# CHOCOLATE ICING, NO. 3.

One-half cake chocolate; warm in the oven 10 minutes; add I heaping cup sugar, I teaspoon cinnamon, ½ teaspoon cloves, the same of ginger, 2 teaspoons vanilla; pour a little water on the sugar, put it on the chocolate, heat on the stove, melt it to a smooth paste, stir in the spices.

#### CHOCOLATE FILLING.

Two-thirds cake sweet chocolate, ½ cup milk, yolk of I egg, I cup sugar, I tablespoon corn-starch; cook over water till thick.

# CLEAR ICING, FOR CAKE.

Put I cup sugar into a bowl with I tablespoon lemon-juice and whites of 2 eggs. Just mix together smooth and pour over the cake; if the cake is not hot enough to dry it, place it in the mouth of a moderately warm oven.

#### ICING FOR CAKES.

Whites of 4 eggs, I pound pulverized sugar, flavor with lemon; break the whites into a broad, cool, clean dish; throw a small handful sugar upon them and begin to whip it in with long, even strokes

of the beater. A few minutes later throw in more sugar and keep adding it at intervals until it is all used up. Beat until the icing is of a smooth, fine and firm texture; if not stiff enough, put in more sugar; use at least ½ pound sugar for each egg. To spread it, use a broad-bladed knife dipped in cold water.

## ICING WITHOUT EGGS.

An icing may be made without eggs by using gelatine or Poland starch, which must be dissolved and cooked, then thickened with pulverized sugar and flavored. It is best to make this the day before using, as it takes longer to dry than when made with eggs, but it will never crumble.

# ICING WITHOUT EGGS, NO. 2.

Five tablespoons milk and I cup granulated sugar. Place on the stove and let it boil hard for 5 minutes, take it off and beat until cool and stiff enough to spread. Excellent for layer cakes.

#### LEMON OR ORANGE ICINGS.

These can be made by adding the juice and part of grated rind of the fruit to any of the icings.

#### ORNAMENTAL ICING.

Fill a paper cone with the icing, and work upon the cake, by slightly pressing the cone, any design you may choose.

## ROSE COLORING.

Mix together ¼ ounce each powdered alum and cream of tartar, I ounce cochineal, 4 ounces loaf sugar, I saltspoon soda. Boil 10 minutes in I pint of clear, soft water; when cool, bottle and cork for use. This is used for jellies, cakes, ice-cream, etc.

#### TUTTI FRUTTI FROSTING.

One-half cup water, 3 cups sugar, whites 2 eggs; boil sugar and water until very thick and waxy; beat the whites of eggs to a stiff

froth, and pour the syrup over them, beating all till cool; then add ½ pound almonds, chopped fine; scant ½ cup large raisins, and a little citron, sliced thin. Very nice for sponge cake.

### VELLOW ICING.

Yolk of 1 egg, 9 heaping teaspoons pulverized sugar and flavor with vanilla or lemon.

# COOKIES, JUMBLES AND SNAPS.

### ALMOND COOKIES.

Two pounds butter, 3 pounds sugar, I pound shelled almonds, I dozen eggs, I teaspoon ground cinnamon, ½ teaspoon soda, I cup boiling water, I lemon grated; mix butter, sugar, yolks of eggs, lemon, cinnamon and hot water; beat the whites, take 3 parts, mix in ½ of the almonds and as much flour as it will hold; roll them, and brush with the whites of eggs. Before putting in the almonds and sugar, almonds must be scalded, dried and cut fine. Put the balance of the almonds on the top after the cookies are in the tins, and sprinkle sugar over them. Bake in a moderate oven. This recipe can be varied according to your needs.

# ALMOND COOKIES, NO. 2.

One cup butter, 2 cups sugar, I cup sour cream, I teaspoon soda dissolved in the cream, I egg, flour enough to make a soft dough. Flavor with extract of almond. Mix as speedily as possible; roll thin, cover with almond meats blanched and chopped, sift sugar over and bake quickly.

#### COOKIES.

One quart flour sifted, 3 teaspoons baking powder, 2 eggs, 1 cup sugar, ½ cup butter, 3 tablespoons milk; mix soft and roll; flavor with any extract.

## COOKIES, NO. 2.

Eight cups flour, 2 cups sugar, 1 cup butter, 1 cup cream, 2 eggs, 1 heaping teaspoon baking powder; flavor with extract orange, or lemon to taste. Sift white sugar over when rolled for cutting.

# COOKIES, NO. 3.

One cup butter, 2 cups sugar, 4 eggs, 4 cups flour, 3 tablespoons milk, 3 teaspoons baking powder. Rub the flour and baking powder thoroughly together, cream the butter and sugar, beat the eggs separately, and add with a little nutmeg or cinnamon, or any seasoning preferred. Sift in the flour and baking powder, and add enough flour to mold and roll out. These cookies will keep fresh 2 week, and if the milk is left out, a month.

## CARAWAY COOKIES.

Two cups sugar, I cup butter, 2 eggs, ½ cup milk, ½ teaspoon soda, I tablespoon caraway seed, or to taste.

## COCOANUT COOKIES.

Two cups sugar, I cup butter, 2 eggs, I teaspoon soda dissolved in I tablespoon milk, I cocoanut, and flour enough to roll.

# COCOANUT COOKIES, NO. 2.

One cup sugar, ½ cup butter, I egg, 2 tablespoons milk, I½ teaspoons baking powder, and a little salt, I cup desiccated or grated cocoanut, enough flour to roll.

# COCOANUT COOKIES, NO. 3.

Three cups sugar, I cup butter, I cup milk, 2 eggs, I cup grated cocoanut, 2 teaspoons baking powder, flour enough to make a dough; roll out, cut in shape and bake.

#### CREAM COOKIES.

Two cups sugar, 2 eggs, I cup sour cream, I cup butter, I teaspoon soda, I teaspoon lemon extract or ½ nutmeg grated; flour enough to make a dough as soft as it can be rolled. Delicious.

#### CURRANT COOKIES.

One and a half cups brown sugar, I cup butter, 2 eggs, I cup currants, 2 tablespoons milk, I small teaspoon soda; cinnamon, cloves and nutmeg to taste.

### EGGLESS COOKIES.

Two cups sugar, I cup milk, I cup butter, ½ teaspoon soda. Flour enough to roll. Use vanilla, lemon or nutmeg for seasoning. They are very nice.

# EGGLESS COOKIES, NO. 2.

One cup sugar, ½ cup lard or butter, ½ cup sour milk, ½ teaspoon soda, just flour enough to roll, baking quickly. Add any flavoring you wish. No eggs are required. These are very nice if grated or prepared cocoanut is added.

# EGGLESS COOKIES, NO. 3.

Two cups sugar, I cup butter or salt pork drippings, I cup milk, 2 teaspoons cream of tartar, I teaspoon soda, flour to make a dough. Roll thin, bake in a quick oven. If you have no milk, cold water will do quite well.

# GINGER COOKIES.—Eggless.

One cup molasses,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup boiling water, I teaspoon soda, I teaspoon ginger, a little salt, flour to roll out.

# GINGER COOKIES, NO. 2.—Eggless.

One cup sugar, 4 tablespoons melted butter, I teaspoon soda, dissolved in ¼ cup boiling water, I teaspoon ginger. Flour sufficient to roll as soft as you can.

# GINGER COOKIES, NO. 3.

One cup sugar, I cup molasses, I cup shortening, 2 beaten eggs, I teaspoon soda dissolved in 4 tablespoons buttermilk, I tablespoon ginger. Stir in flour with a spoon until stiff enough to mold with the hand; roll and bake in a quick oven.

### GRAHAM COOKIES.

Two cups sugar, I cup sour cream, ½ teaspoon soda, Graham flour enough to roll; mix quickly, roll and bake. These require less heat and more time in baking than when white flour is used.

#### HICKORY NUT COOKIES.

Take 2 cups sugar, 2 eggs,  $\frac{1}{2}$  cup melted butter, 6 tablespoons milk, or a little more than  $\frac{1}{3}$  cup, I teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, and I cup chopped meats stirred into the dough.

# MOLASSES COOKIES .- Eggless.

Three cups New Orleans molasses, I cup lard, ½ cup butter, 4 teaspoons soda dissolved in ¾ cup boiling water, I tablespoon ginger, I teaspoon cinnamon.

# MOLASSES COOKIES, NO. 2-Eggless.

Two cups molasses, I cup butter (lard or salt pork drippings will do well), 4 tablespoons hot water, I tablespoon ginger, I teaspoon salt (unless salt pork drippings are used), flour enough to roll out.

#### NUTMEG COOKIES.

Two cups white sugar,  $\frac{3}{4}$  cup butter,  $\frac{2}{3}$  cup sour milk, nutmeg or caraway seed for flavor, 2 eggs,  $\frac{1}{2}$  teaspoon soda, and 6 cups flour, or enough to roll. Roll thin, and bake in a quick oven.

## NEW YEAR'S COOKIES. \*

Two cups sugar, I cup butter, I cup milk, I cup corn-meal, I egg, 2 teaspoons cream of tartar, I teaspoon soda, caraway seeds, flour to roll out thin.

#### NEAPOLITAINES.

One pound flour, ½ pound powdered sugar, ½ pound butter, 6 eggs, 6 yolks; mix the flour, sugar, butter and eggs together, adding a small quantity extract of rose; if too stiff, add a little milk; leave the dough ½ an hour in a cool place; roll it out ¼ inch thick, and

cut it with a small tin cutter of any shape; put the cakes on a pan slightly greased, and color the tops with beaten egg and milk. with some chopped almonds over them; cook in a very hot oven.

#### SUGAR COOKIES.

Two cups sugar, I cup butter, ½ cup milk, 2 eggs, 2 teaspoons cream of tartar, I teaspoon soda, I tablespoon caraway seeds. Mix soft and roll.

#### SAND TARTS.

Rub together 2 pounds sugar, 2 pounds flour, 1½ pounds butter beaten with 3 eggs; mix smooth and roll out and cut into cakes. Place hickory-nut or almond meats over the top. Wet over with the whole of an egg beaten, and sprinkle with cinnamon and fine sugar.

## JUMBLES.

Three eggs, 1¼ cups sugar, 1 cup butter, 2 tablespoons sour milk, ¼ teaspoon saleratus, flour to mix hard. After it is kneaded and rolled out, sift sugar over the top. Season if you like.

# JUMBLES, NO. 2.

One cup butter, 2 cups sugar, I cup milk, 5 eggs, I teaspoon cream of tartar, and  $\frac{1}{2}$  teaspoon soda.

# COCOANUT JUMBLES.

Two cups sugar, I cup butter, 2 eggs, ½ grated cocoanut; flour to make just stiff enough to roll out; roll thin.

# NUT JUMBLES.

They may owe their name to walnuts or Brazil nuts; the chopped kernels of either are very nice. Cocoanut, too, is excellent. Beat together ½ pound each of sugar and butter, and 3 eggs; add ¼ pound chopped almonds and a little lemon juice. Stir the flour lightly in, from ½ to ¾ pound. Rose water or orange-flower water is often used as a flavoring for these little cakes.

#### GINGER SNAPS.

One cup sugar, I cup molasses, I cup butter, I teaspoon soda, I teaspoon ginger, I egg; flour to make a stiff dough.

# GINGER SNAPS, NO. 2.

One cup molasses, ½ cup lard, I teaspoon soda, salt and ginger to taste; flour to mix hard.

# GINGER SNAPS, NO. 3.

One coffeecup New Orleans molasses, I cup butter, I cup sugar; place them on the stove, and let it come to a boil, then take off immediately, and add I teaspoon soda and I tablespoon ginger; flour to roll thin and bake quickly.

# GINGER SNAPS, NO. 4.

Rub ½ pound butter or lard into 2 pounds flour, then add ½ pound brown sugar, I tablespoon ginger, and a pinch of cayenne pepper; mix well and pour in I pint molasses. Knead well, roll very thin, cut in small cakes and bake in a moderate oven until a light brown. If properly made, these snaps are soft and delicious, and will improve with age.

### LEMON SNAPS.

One large cup sugar,  $\frac{2}{3}$  cup butter,  $\frac{1}{2}$  teaspoon soda dissolved in 2 teaspoons hot water, flour enough to roll thin; flavor with lemon.

#### DOUGHNUTS.

One and one-half cups sugar, I cup sour milk,  $\frac{1}{2}$  cup butter, 3 eggs, I level teaspoon soda, spice to taste, and flour to roll.

#### DOUGHNUTS NO. 2.

Two beaten eggs, I cup sugar, 4 tablespoons melted lard, I cup sour milk, I teaspoon soda, a little salt, seasoning to the taste; flour to make a soft dough to roll out; fry in hot lard.

# "THE BOSS" DOUGHNUTS.

One and one-half cups sugar, I½ cups milk, I teaspoon melted butter, 2 eggs, 4½ teaspoons baking powder, a little salt, not too much flour.

## CREAM DOUGHNUTS.

Beat I cup each of sour cream and sugar, and 2 eggs together; add I level teaspoon soda, a little salt, and flour enough to roll.

## RAISED DOUGHNUTS.

Make a sponge using I quart water and I cake yeast; let it rise until very light, then add I cup lard, 2 cups sugar, 3 large mashed potatoes, 2 eggs, season with nutmeg; let rise again until very light. Roll and cut, or pull off bits of dough and shape as you like; lay enough to fry at one time on a floured plate and set in the oven to warm; drop in boiling lard and fry longer than cakes made with baking powder.

# DOUGHNUTS WITHOUT EGGS.

Two quarts flour, I pint milk, I heaping cup sugar, and a piece of butter the size of an egg. Scald the milk, and when tepid add the sugar, the butter, ½ cup yeast, and ½ teaspoon soda. Pour this all into the center of the flour, using enough flour to make a sponge. Let it rise all night in a warm place. In the morning sprinkle in whatever spice you want; then knead in the rest of the flour; let it rise again until light; knead again and roll them. After they are cut out let them stand 5 minutes. Fry in boiling lard.

#### FRIED CAKES.

One cup sugar, 4 tablespoons melted butter, 3 eggs, 1 cup milk, 3 teaspoons baking powder; flour to mix soft; roll ½ inch thick, and fry in hot lard.

# FRIED CAKES, NO. 2.

One cup sugar, I egg, I cup milk, butter the size of a walnut, I teaspoon soda, 2 teaspoons cream of tartar,  $\frac{1}{3}$  teaspoon nutmeg; flour to roll out as soft as possible.

### CRULLERS.

One-half pint buttermilk, I cup butter, 2 cups sugar, and 3 eggs; beat up the eggs and add the sugar and milk. Dissolve ½ teaspoon saleratus in a little hot water; add to the mixture, with I teaspoon salt, ½ nutmeg grated and ½ teaspoon fresh ground cinnamon. Work in as much flour as will make a smooth dough; mix thoroughly; dredge the board, rolling-pin, and dough with flour; roll it out and. cut it in rings or fingers and fry in hot fat.

# CRULLERS, NO. 2.

Three eggs, I cup sugar, ½ cup butter, I cup milk, 3 teaspoons baking powder, nutmeg, cinnamon and lemon juice, or extract, to taste; flour sufficient to stiffen. Cut in strips and fry in lard.

# CRULLERS, NO. 3.

Three eggs, 3 tablespoons melted butter, 6 tablespoons powdered sugar, a piece of soda as large as a bean dissolved in 2 teaspoons water, salt and nutmeg. Mix stiff with flour, roll thin and fry in hot lard.

# CRULLERS, NO. 4.

Six eggs, I cup butter, 2 cups sugar, ½ cup milk, and flour to roll out easily. They should be rolled out about ½ inch thick; cut with a jagging iron or knife in strips about ½ inch wide, and twist so as to form cakes. The fat should boil up as the cakes are put in and they should be constantly watched while frying. When brown on the underside, turn them; when brown on both sides they are sufficiently done.

# SNOW BALLS, WHITE.

One cup sugar, 6 tablespoons melted butter, 2 eggs, I cup milk, 2 teaspoons cream of tartar, I of soda, a very little nutmeg, I teaspoon salt; mix middling soft and roll out, and cut with a small round cutter. Your tea-canister top may be just the right size. Fry in hot lard. Have ready a small bowl with a little fine white sugar in it. As you take them from the lard drop them in the sugar and roll around quickly until the surface has a very thin coat of sugar all over it, then lay carefully on a plate. Repeat with each cake separately, adding a little fresh sugar occasionally.

# CHAPTER IV.

# CONFECTIONERY.

### GENERAL DIRECTIONS.

Granulated sugar is preferable. Candy should not be stirred while boiling. Cream of tartar should not be added until the syrup begins to boil. Butter should be put in when the candy is almost done. Flavors are more delicate when not boiled in the candy.

### ALMOND CANDY.

Proceed in the same way as for cocoanut candy. Let the almonds be perfectly dry and do not throw them into the sugar until it approaches the candying point.

#### ALMOND CREAMS.

Three cups sugar, I ½ cups water, ½ teaspoon cream of tartar, flavor with vanilla. Boil until drops will almost keep their shape in water, and add I cup blanched almonds chopped fine, then pour into a bowl set in cold water; stir steadily with a silver or wooden spoon until cool enough to bear the hand; then place on a platter and knead to a fine even texture. If too hard, a few drops of warm water may be stirred in. If to soft it may be boiled again. When well molded, cut in squares or bars. Almond cream is very nice flavored with chocolate.

### BACHELOR BUTTONS.

Rub 2 ounces butter into 5 ounces flour; add 5 ounces white sugar, and 1 beaten egg; flavor; roll into small balls with the hands; sprinkle with sugar. Bake on tins covered with buttered paper.

#### BON-BONS.

Take some fresh candied orange rind or citron, clear off the sugar that adheres to it, cut these into inch squares, stick these singly on



THE PURCHASED KISS



the prong of a fork or ozier twigs, and dip them into a solution of sugar boiled to the consistency of candy, and place them on a dish rubbed with the smallest possible quantity of salad oil. When perfectly cold put them into dry tin boxes with paper between each layer.

## BUTTER SCOTCH.

Two cups sugar,  $\frac{1}{2}$  cup water, butter size of an egg, flavor to suit taste, 2 tablespoons vinegar.

# BUTTER SCOTCH, NO. 2.

One cup molasses, I cup sugar, 1/2 cup butter. Boil until done.

## BOSTON CARAMELS.

One pint grated chocolate, I quart yellow sugar, I pint New Orleans molasses, ½ cup milk, a piece of butter the size of a small egg, and vanilla flavor; boil about 25 minutes; this should not be so brittle as other candies. Pour in buttered tins and mark deeply with a knife.

#### COCOANUT CANDY.

Grate a sound cocoanut very fine, spread it on a dish, and let it dry naturally for 3 days, as it will not bear the heat of an oven, and is too oily for use when freshly broken; 4 ounces will be sufficient for I pound of sugar for most tastes, but more can be used at pleasure. To I pound sugar, take ½ pint water, a very little white of egg, and then pour over the sugar. Let it stand for a short time, then place over a very clear fire, and let it boil for a few minutes; then set it one side until the scum is subsided, clear it off, and boil the sugar until very thick; then strew in the nut, stir and mix it well, and do not quit for an instant until it is finished. The pan should not be placed on the fire, but over it, as the nut is liable to burn with too fierce a heat.

### COCOANUT BON-BONS.

Grate a large nut and put in a cool place, then take I pound granulated sugar, add to it I gill of water, place over the fire and

boil till it is about to candy, remove at once and stir in the cocoanut. Let it cool, then make in balls the size of a small peach, put these on dishes to form, turning often till they harden. Divide the mixture and color; ½ pink. These bon-bons are very ornamental on a supper or dinner table, and also on Christmas trees.

# CREAM COCOANUT CANDY.

One and one-half pounds sugar, ½ cup milk, boil 10 minutes; I grated cocoanut added; boil until thick; put on greased pans quite thick; when partially cold cut in strips.

## COCOANUT CARAMELS.

Two cups grated cocoanut, I cup sugar, 2 tablespoons flour, the whites of 3 eggs beaten stiff; bake on a buttered paper in a quick oven.

### CORN CANDY.

Pop the corn and roll it until it is quite fine. Boil some molasses, not as long as for candy, and pour over the corn while hot, mix it well, then turn out upon a buttered board, and roll it until thin and even; cut into cakes.

## CORN-STARCH RATEFFES.

One-fourth pound sweet and the same of bitter almonds, ½ pound corn-starch, ¾ pound rice flour, 1½ pounds pulverized sugar, the whites of 8 eggs. Proceed the same as for macaroons, only drop ¼ the size. Do not dust with sugar, but bake in a hotter oven.

#### CHOCOLATE CARAMELS.

Two cups brown sugar, I of molasses, I of chocolate, grated fine, I cup boiled milk, I tablespoon flour, butter the size of a large walnut; boil slowly and put on flat tins to cool. Mark off while warm.

## CHOCOLATE CARAMELS, NO. 2.

One cup grated chocolate, 3 cups best white sugar, I cup good molasses (not syrup), I cup milk, and a small piece of butter about the size of a hickory nut. Boil all together for 20 minutes and try it. If it hardens when cold, it is done. Pour into buttered pans, and when nearly cold mark off into squares. It should be stirred all the time while cooking.

#### CHOCOLATE CREAMS.

Take 2 cups granulated or pulverized sugar, and ½ cup cream (milk will do, but cream is far better); mix well and put on the stove to boil; this must actually boil for 5 minutes; then take from the stove and stir briskly till it is stiff; flavor it with vanilla; then drop from a spoon on a buttered plate. If you take a little pains these drops may easily be of respectable shape. In the meantime have your chocolate broken in little bits in a bowl; have some water boiling in the tea-kettle, set the bowl over it; the chocolate will soon melt; remove from the heat, and with a fork roll the drops in the melted chocolate, and put back on the plate to harden. They are splendid.

#### CHOCOLATE KISSES.

One pound sugar, and 2 ounces chocolate pounded together and finely sifted; mix with the whites of eggs well beaten to a froth; drop on buttered paper and bake slowly.

#### HOW CANDIED FRUITS ARE PREPARED.

The beautiful and delicious candied fruits to be seen in the city fruit and confectioners' stores, were formerly imported almost entirely from France. Now California supplies many of them. The process of preparation has been described as follows:

In preparing the fruit, pears, pine-apples and quinces are pared; citrons are quartered, and the pits of cherries, apricots and peaches are removed. The fruit is then immersed in boiling water, which quickly penetrates the pulp, dissolves and eliminates the juice. Then the fruit is removed and the water drained off, leaving only the solid

portions of pulp intact. This is then immersed in large earthen pans, in a syrup made by dissolving sugar in water. The syrup in turn penetrates the pulp, and gradually replaces the fruit juices. In about 6 weeks it is thoroughly impregnated with sugar, and is taken out and washed with pure water. If it is to be glazed it is dipped into a thick syrup and left to harden in the open air. This produces a transparent coating. If the fruit is to be crystallized, it is dipped in the syrup and then dried slowly in a kiln heated to 90 degrees. This produces a granulated appearance. If properly done, candied fruits will bear transportation to any climate, and will preserve their quality and flavor for a year.

#### FRUIT GLACE.

Make a syrup of I cup water, I cup granulated sugar, and the juice of I lemon. Boil ½ hour (never stirring) in a porcelain-lined kettle. Put a little syrup into a saucer of cold water to see if it is hard and brittle. If so, pour all the syrup into a small dish and set it in a pan of boiling water to keep it liquid. Dip into it cherries, grapes, slices of citron, slices of banana or any fruit; coat them thoroughly with the syrup, and place them on a buttered paper or dish to harden the glace. Oranges are very nice, divided into their natural sections, impaled on a skewer and thus iced. Any fruit that has not a stem should be dipped into the hot syrup by means of a skewer, in order to save the fingers and coat the fruit thoroughly. Neat slices of ripe peaches are good thus iced, and so are walnuts.

# DELICIOUS CONFECTIONS.

For the foundation to be used for various kinds of confectionery, take I pound confectioners' or granulated sugar, ¼ teaspoon cream of tartar, I gill water. Mix all together and cook fast in a broad-bottomed granite or tin vessel until the syrup will spin a thread, or, when cool, it will work nicely in the fingers. Set aside in same pan to cool 15 minutes. Then stir with a spoon until it is cool enough to be molded into shape.

For Chocolate Creams.-Mold the foundation into small balls:

set aside until cold; then roll in melted (not sweet) chocolate and place on buttered paper.

For Stuffed Figs and Dates.—Split the fruit and fill with the foundation.

For Concealed Almonds and Cream Nuts.—Cover with the foundation and press into shape. English walnuts in halves laid on a roll of foundation are delicious.

For Tutti Frutti.—Chop raisins, figs and almonds together, mix with foundation into balls. Flavor the different candies to taste; while stirring, add extracts.

### FRUIT CANDY.

One and one-half pounds granulated sugar, wet with the milk of I cocoanut; put into a sauce-pan and let it heat slowly; boil rapidly 5 minutes, then add I cocoanut grated very fine, and boil IO minutes longer, stirring constantly. Try a little on a cold plate, and if it forms a firm paste when cool, take from the fire. Pour part of it out on to a large tin lined with greased paper; then add to the remaining cream 1/4 pound stoned raisins, 1/2 pound blanched almonds, I pint pecans, 1/2 cup chopped walnuts. Pour over the other cream, and when cool cut into bars and squares.

#### FRENCH CANDY.

The making of the paste is the part upon which success depends, and while the directions are simple, they must be strictly adhered to. It is impossible to give any more definite recipe than I egg to I pound sugar, but of course the size of the eggs varies, and consequently when the egg is very large it will require a little more sugar than when small or of medium size.

To get the paste just right can only be learned by experience. This, however, comes with making it once or twice. It is better to make it a little too soft than too stiff, as it hardens very quickly, as soon as it is allowed to dry.

Now for the process:

To each pound of sugar take the white of I egg and an equal quantity of cold water.

Beat the egg and water together until well mixed; then stir them into the sugar, which should be in a pretty large bowl, and add any flavor you may like—vanilla, orange or lemon. For orange or lemon flavor it is much better to use the fruit than the extract.

In making large quantities it is well to make up only 2 pounds at a time and vary the flavor. It is also more easily handled in this way, because in making 6 or 8 pounds at once the paste dries before it can be used. When it becomes too stiff to stir take it out and knead it on a flat dish. This is where the experience comes in—to knead in just enough sugar to make it right and not get it too dry.

In buying your sugar always get I pound more than the number of eggs you expect to use. This allows for the extra sugar to be kneaded in, in case the eggs are large. If you only want to try one pound as an experiment, pick out a small egg.

For Chocolate Creams.—Roll the paste into balls about as large as shell-barks, and place on a plate so that they will not touch each other and put them in a cool place.

Buy the best Baker's chocolate (be sure not to get sweet chocolate, as you can do nothing with it), cut it down and put it in a bowl in a pan of boiling water or over the tea kettle. By the time the chocolate is melted the balls which you have put to dry will be ready to dip. Drop them in, one at a time, and roll them around. When they are covered, take them out by placing a fork under them—do not stick them with the fork—and put them on wax paper, such as grocers use to wrap butter in. You can buy the paper at any grocery store for a very small price. Don't put the chocolate on greased plates, as so many people will tell you to do. If you use the papers, when the chocolates are cool all you have to do is to lift the papers up and shake them off. They will be perfectly firm and hard outside and, if your paste is not too dry, creamy and delicious inside.

You will find the fruits more easily managed than any other part of the candy making.

The dates are simply cut open on one side with a sharp knife, the stone removed, and a strip of the paste inserted in the opening. Then press the date together again, allowing the paste to show.

Raisins are treated in the same manner, first taking out all the seeds.

The figs are quartered and the paste applied, but there is nothing to remove.

For the English walnuts you put a piece of paste between the two halves, press them together and smooth the side; shell-barks the same; but with black walnuts a little different method is required on account of their irregularity.

Take a small lump of the paste and cover it with pieces (size or shape no object), letting the paste come through between.

For the filberts, take a small piece of the paste—flatten it and put it in the palm of your hand, and place the filbert in the middle of it. Draw up the sides and roll it around until smooth.

You will find the almond the most difficult nut to work with, but the task can be made much easier, if you will put the nuts in a colander and run water over them to take off the dust and then let them drain, and use them while they are damp—not wet. It is their excessive dryness which makes them hard to manage, because they absorb the moisture of the paste, which causes it to separate.

In buying your sugar be sure to have it free from lumps. Ask for "confectioners' sugar," some call it "lozenge sugar."

After you get your candies made, you will say, "What shall I do with my scraps? It seems a pity to waste all this," for you will find a great deal of chocolate sticking fast to your bowl that you cannot use for the cream chocolates, and also a quantity of little fine pieces of all kinds of nuts which you cannot use for anything else. Chop these nuts very fine in a wooden bowl, put them into the chocolate bowl, and they will take up every bit of the chocolate that is left. Add to this a little sugar (scraps of the paste, if you have any left) and a little cinnamon; roll out and cut into pieces about an inch long, and you have "Jim Crows," which are quite an addition to your candy box. You will have to regulate the quantity of sugar and cinnamon by the amount of scraps you have left; and if they seem too dry to work up, it will not hurt to add just a little water to them. Be sure to keep the chocolate hot all the time you are working with it until you roll it out. It will harden as soon as it cools.

### HICKORY-NUT CANDY.

Boil 2 cups sugar, ½ cup water, without stirring, until thick enough to spin a thread; flavor; set the dish off into cold water; stir quickly until white, then stir in I cup hickory-nut meats; turn into a flat tin, and when cool cut into squares.

## HOREHOUND CANDY.

Prepare a strong decoction, by boiling 2 ounces of the dried herb in 1½ pints water for about ½ hour; strain this, and add 3½ pounds brown sugar; boil over a hot fire until it reaches the requisite degree of hardness, when it may be poured out in flat tin trays, previously well greased, and marked into sticks or squares with a knife, as it becomes cool enough to retain its shape.

#### LEMON-CREAM CANDY.

Six pounds best white sugar, strained juice of 2 lemons, grated peel of I lemon, I teaspoon soda, 3 cups clear water. Steep the grated peel of the lemon in the juice for I hour; strain, squeezing the cloth hard to get out all the strength. Pour the water over the sugar, and, when nearly dissolved, set it over the fire and bring to a boil. Stew steadily until it hardens in cold water; stir in the lemon; boil I minute; add the dry soda, stirring in well; and, instantly, turn out upon broad, shallow dishes. Pull as soon as you can handle it into long white ropes, and cut into lengths when brittle.

Vanilla cream candy is made in the same way, with the substitution of vanilla flavoring for the lemon-juice and peel.

#### LEMON AND PEPPERMINT DROPS.

Take of dry granulated sugar a convenient quantity; place it in a saucepan having a lip from which the contents may be poured or dropped. Add a very little water, just enough to make, with the sugar, a stiff paste; 2 ounces water to I pound sugar is about the right proportion. Set it over the fire and allow it to nearly boil, keeping it continually stirred. It must not actually come to a full

boil, but must be removed from the fire just as soon as the bubbles, denoting that the boiling point is reached, begin to rise. Allow the syrup to cool a little, stirring all the time; add strong essence of peppermint or lemon to suit the taste, and drop on tins or sheets of smooth white paper. The dropping is performed by tilting the vessel slightly, so that the contents will run out, and with a small piece of stiff wire the drops may be stroked off on to the tins or paper. They should be kept in a warm place for a few hours to dry. In the season of fruits delicious drops may be made by substituting the juice of fresh fruits, as strawberry, raspberry, lemon, pine-apple or banana, or any of these essences may be used.

## MERINGUES.

Take I pound powdered sugar, and add to it the beaten whites of 8 eggs (slowly), until it forms a stiff froth; fill a tablespoon with the paste, and smooth it over with another spoon to the desired shape; sift a little sugar over a sheet of paper, drop the meringues about 2 inches apart; dust a little sugar over them, and bake in a quick oven with the door left open part way, so they can be continually watched; when fawn colored take them out; remove them from the paper with a thin knife; scrape out of each a little of the soft part. They may be neatly arranged around a dish of whipped cream, or filled with ice cream. If whipped cream is used, they would be improved by the addition of a little bright jelly inside each meringue.

## CREAM MERINGUES.

Four eggs (the whites only) whipped stiff, with I pound powdered sugar, lemon or vanilla flavoring. When very stiff, heap in the shape of ½ an egg upon stiff letter-paper lining the bottom of your baking-pan. Have them bake ½ inch apart; Do not shut the oven door closely, but leave space through which you can watch them. When they are a light yellow-brown, take them out and cool quickly. Slip a thin-bladed knife under each; scoop out the soft insideand fill with cream whipped as for charlotte russe. They are very fine. The oven should be very hot.

### MACAROON.

Pound in a mortar I pound blanched sweet almonds, and I¼ pounds lump sugar until they are fine; then add ½ pound corn-starch, ¼ pound rice or wheat flour; mix into a fine smooth batter with the whites of about 8 eggs. Drop the mixture in small cakes on a sheet of paper, dust with sugar, and bake in a steady oven. They should be baked a fawn color.

# MACAROONS, NO. 2.

Pound fine the meats of hickory-nuts and add ground nutmegs and spice; make frosting as for cakes, stir in the meats and spices putting in enough to make it convenient to handle, flour the hands, make the mixture into balls the size of nutmegs, lay them on buttered tins, giving room to spread, and bake in a quick oven.

## CHOCOLATE MACAROONS.

Three-quarters pound blanched almonds, I pound powdered sugar, ½ pound grated chocolate, the whites of 3 eggs beaten to a froth; mix all together to a stiff paste; drop them on a sheet of white paper on a pan, and bake in a moderate oven.

#### MARSH MALLOWS.

Dissolve I pound clean gum Arabic in I quart water; strain, add I pound granulated sugar, and place over the fire stirring continually until the sugar is dissolved, and the mixture has become the consistency of honey. Next add gradually the whites of 8 eggs well beaten, stirring the mixture all the time until it loses its stickiness and does not adhere to the fingers when touched. The mass may now be poured into long, shallow tin-pans, dusted with starch, and when cool divided into small squares. These squares may be covered with a coating of chocolate, which makes them very nice.

To prepare the chocolate, take 3/4 cake of sweet chocolate, shave off fine and put into a bowl, set it in boiling water, to melt. As soon as the chocolate is sufficiently melted dip the marsh mallows into the chocolate, giving each square a coating of

brown, using a fork in handling them. If desired the marsh mallow paste may be flavored with vanilla, or the paste may be divided into two equal parts, ½ flavored vanilla and coated with the chocolate and the other flavored with lemon.

When they become stale, marsh mallows may be put in the oven and slightly browned.

## MAPLE CANDY.

Four cups maple syrup; boil until it cracks in water, and just before taking from the fire put in a piece of butter the size of an egg. If preferred waxy do not let it cook so long.

## MOLASSES CANDY.

Two cups molasses, I cup sugar, I teaspoon vinegar, piece of butter size of a walnut. Cook slowly a long time until it "strings" from the spoon when taken up; pour upon a greased tin-pan; then pull it until it becomes white.

## WHITE MOLASSES CANDY.

Take 2 pounds refined sugar (termed by grocers "Coffee C"), I pint pure sugar-house syrup, and I pint best Porto Rico or New Orleans molasses. Boil together until it hardens, as above described, add I teaspoon soda, and work in the usual manner.

## TO CANDY NUTS.

Three cups sugar, I cup water; boil until it hardens when dropped in water, then flavor with lemon. It must not boil after the lemon is put in. Put a nut on the end of a fine knitting-needle, take out and turn on the needle until it is cold. If the candy gets cold set on the stove for a few minutes. Malaga grapes and oranges quartered, may be candied in the same way.

#### PEANUT CANDY.

Two cups sugar, ½ cup water; let it boil, then add ½ teaspoon cream of tartar, dissolved in a little cold water. Cook until, when

dropped in cold water, it is brittle; then add a small piece of butter, size of an English walnut; cook a few minutes longer. Stir in 2 cups peanut kernels, and pour into buttered pans.

## POP-CORN BALLS.

Add I ounce white gum arabic to ½ pint water, and let it stand until dissolved. Strain, add I pound refined sugar and boil until when cooled it becomes very thick, so much so as to be stirred with difficulty. To ascertain when it has reached this point, a little may be cooled in a saucer. A convenient quantity of the freshly-popped corn having been placed in a milk-pan, enough of the warm syrupy candy is poured on and mixed by stirring, to cause the kernels to adhere in a mass, portions of which may be formed into balls by pressing them into the proper shape with the hands. Ordinary molasses, or sugar-house syrup may be used as well, by being boiled to the same degree, no gum being necessary with these materials. Corn-cake is prepared in a similar manner. This mass, while warm, is put into tins and pressed by rollers into thin sheets, which are afterwards divided into small, square cakes.

#### SUGAR CANDY.

Six cups white sugar, I cup vinegar, I cup water, I tablespoon butter in at the last, with I teaspoon soda dissolved in hot water. Boil without stirring ½ hour. Flavor to suit the taste.

#### SALTED ALMONDS.

Shell and blanch almonds. When perfectly dry spread in a dripping-pan and stir up with a tablespoon melted butter. Set in the oven until they brown, stirring often to prevent scorching. They should be lightly browned. Take them out and sprinkle thickly with salt, tossing them about in it, so that all have a generous seasoning, Eat with croutons.

#### TAFFY.

Either of the two kinds of molasses candy, if poured from the kettle into tin trays without working, will produce a fine plain taffy.

It may be left in one sheet the size of the tray, or, when slightly cold, may be marked off in squares.

### EFFERTON TAFFY.

This is a favorite English confection. To make it, take 3 pounds best brown sugar and boil with 1½ pints water, until the candy hardens in cold water; then add ½ pound sweet-flavored, fresh butter, which will soften the candy. Boil a few minutes until it again hardens and pour it into trays. Flavor with lemon if desired.

## FILBERT TRIFLES.

Beat the whites of 8 eggs into I pound pulverized sugar, over a slow fire, until very light; then add 4 ounces blanched filberts, cut fine; lay on white paper and bake slowly.

#### VANILLA CARAMELS.

Two cups granulated sugar,  $\frac{2}{3}$  cup milk, filled up with butter—not melted—I teaspoon vanilla. Stir till it begins to boil and not again. Cook about 25 minutes, or until it turns a light brown. Pour out on buttered tins, and when partly cooled mark off in squares with sharp knife. These are equal to confectioners' caramels.

#### VINEGAR CANDY.

One quart sugar, I pint water, 4 tablespoons vinegar, butter size of an egg, I teaspoon vanilla. Boil 20 minutes and pull it.

## WALNUT CANDY.

The meats of hickory-nuts, English walnuts, or black walnuts may be used according to preference in that regard. After removal from the shells in as large pieces as practicable, they are to be placed on the bottoms of tins, previously greased, to the depth of about ½ inch. Next, boil 2 pounds brown sugar, ½ pint water, and I gill good molasses, until a portion of the mass hardens when cooled. Pour the hot candy on the meats and allow it to remain until hard.

# CHAPTER V.

## CREAMS AND CUSTARDS.

### APPLE SNOW.

Pare, core and bring to boil, in as little water as possible, 6 tart apples; cool, strain, beat well, and add the well-whipped whites of 3 eggs, sweeten to taste, beat well until a dish of snow is the result. Flavor with lemon or vanilla, and serve with sweetened cream.

## APPLE SNOW, NO. 2.

Bake 6 large, tart apples (northern spies are best) and put them through a sieve, allowing the seeds to be crushed. When cool beat to a stiff froth the whites of 3 eggs in a large platter. Now beat in alternately I tablespoon of the apple and I of granulated sugar until the apple is used, beat thoroughly after each spoonful. This is the snow. Now make a custard of the yolks of the eggs, adding a tablespoon of corn-starch. Fill dessert dishes ½ full of custard, then place snow upon it in each dish; put in a cool place until ready to use. The snow should not be made more than 3 hours before using.

#### APPLE FLOAT.

One cup pulverized sugar, I cup cream beaten to a stiff froth, 5 eggs beaten light, I lemon, 4 large apples grated, 3 tablespoons gelatine dissolved in warm water. Fills I quart bowl.

## ALMOND CREAM.

Take 3 ounces sweet and I ounce bitter almonds, blanch them; put them in a pan over the fire, stirring them continually. As soon as they have acquired a fine yellow color, take them off the fire, and when cold pound them into fine pieces; then add I pint cream or rich milk, nearly boiling, and 3 or 4 heaping tablespoons sugar, and

½ package gelatine which has been dissolved in a little water. Put it upon the ice, and when about to thicken stir it until it is very smooth, then stir in lightly I pint whipped cream and put it into a mold.

#### ALMOND CUSTARD.

Almond custard is very nice and perfectly harmless to an irritable stomach. The ingredients are I pint milk,  $\frac{1}{2}$  teacup sugar,  $\frac{1}{4}$  pound blanched almonds pounded fine, 2 spoons rose-water and the yolks 4 eggs. Stir over a slow fire till thick as cream. Pour into a dish; beat the whites of the eggs with a little sugar and lay on top.

## BAVARIAN CREAM.

Whip I pint cream to a stiff froth, and set in a colander I minute to allow the unwhipped portion to drip away; boil I pint milk and ½ cup sugar; flavor with vanilla and add ½ package gelatine dissolved in water, remove from the fire and cool; add the well-beaten whites of 4 eggs. When the mixture has become quite cold add the whipped cream gradually until it is well mixed; put into individual molds I teaspoon of some bright jelly or jam, then pour the mixture and place in an ice-chest until wanted. This cream may be flavored in any way desired.

#### COFFEE BAVARIAN CREAM.

One pint milk, add 4 tablespoons ground coffee, cook until well mixed and strain through a jelly-bag; add the beaten yolks of 4 eggs, I cup sugar, and cook as for a custard; set in a cold place, and when cool add I pint whipped cream in which has been stirred 1/3 box gelatine dissolved, and stand in a cool place until it thickens.

### CHOCOLATE BAVARIAN CREAM.

Cover ½ box gelatine with ½ cup cold water, and let soak 20 minutes. Whip I pint cream, grate 2 ounces chocolate, and boil in I pint milk, add the gelatine and stir until dissolved. Take from the fire and sweeten with ½ cup sugar, flavor with vanilla, and turn into a pan to cool; stir until it begins to thicken, then add the

whipped cream; stir until mixed and pour in a mold to harden. Serve with whipped cream.

#### STRAWBERRY BAVARIAN CREAM.

Pick I gallon strawberries, squeeze them through a colander, and sweeten the juice. Cover I box gelatine with water, and soak ½ hour; stand over boiling water and melt, add the strawberry juice, and strain in a tin pan. Set on ice, and stir until it thickens, then add I½ pint whipped cream, mix thoroughly. Pour in a mold and set in a cool place to harden. Serve with whipped cream.

To flavor with peach, boil 1½ dozen choice fruit, sweeten and strain through a colander; add the dissolved gelatine and 1 teacup cream, set on ice, and when it thickens stir until smooth, add the whipped cream, and mold.

To flavor with pine-apple, cut fine, boil with ½ pound pulverized sugar, strain through a colander, add the dissolved gelatine, set on ice, and when it thickens stir until smooth, add the whipped cream, and mold. Canned pine-apples may be used instead of fresh. In all these never add whipped cream until the mass is cool and begins to thicken.

### ALMOND BLANC MANGE.

Take 4 ounces sweet almonds and ½ ounce bitter almonds, blanched; pound them in a mortar, moistening them occasionally with orange-flower water; mix this with I quart fresh cream; set the cream and almonds on the fire, stirring constantly; when it comes to a scald pour in ½ box gelatine which has been previously dissolved by soaking in ½ cup cold water I hour. Eaten with sweetened cream.

### CHOCOLATE BLANC MANGE.

Take ½ box gelatine soaked in I cup water I hour, ½ cup grated chocolate, rubbed smooth in a little milk. Boil 2 cups milk, then add the gelatine and chocolate, and I cup sugar; boil all together 8 or 10 minutes. Remove all from the fire, and when nearly cold beat into this the whipped whites of 3 eggs, flavored with vanilla.

Should be served cold with custard made of the yolks, or sugar and cream. Set the molds in a cold place.

#### CORN-STARCH BLANC MANGE.

Take I quart milk, and put I pint upon the stove to heat; in the other pint mix 4 heaping tablespoons corn-starch and ½ cup sugar; when the milk is hot, pour in the cold milk with the corn-starch and sugar thoroughly mixed in it, and stir all together until there are no lumps and it is thick; flavor with lemon; take from the stove, and add the whites of 3 eggs beaten to a stiff froth.

Custard for the Above.—One pint milk boiled with a little salt in it; beat the yolks of 3 eggs with ½ cup sugar, and add to the boiling milk; stir well, but do not let it boil until the eggs are put in; flavor to taste.

## FRUIT BLANC MANGE.

Stew nice, fresh fruit (cherries, raspberries and strawberries are best), or canned ones will do; strain off the juice, and sweeten to taste; place it over the fire in a double kettle until it boils; while boiling, stir in corn-starch wet with a little cold water, allowing 2 tablespoons corn-starch to I pint juice; continue stirring until sufficiently cooked, then pour into molds wet in cold water, and set away to cool. Serve with cream and sugar.

#### CALEDONIAN CREAM.

Two ounces raspberry jam or jelly, 2 ounces red currant jelly, 2 ounces sifted loaf sugar, the whites of 2 eggs put into a bowl and beaten with a spoon for 3/4 of an hour. This makes a very pretty cream, and is good and economical.

## CHARLOTTE RUSSE ELEGANTE.

One-half package gelatine dissolved in a very little water; I quart whipped cream, flavored and sweetened to taste. Line a mold with sponge or white cake; stir the gelatine into the cream and pour into the prepared mold. The cake may be soaked in a little wine if preferred.

## CHARLOTTE RUSSE.

One pint cream well whipped; beat 5 tablespoons sugar with the yolks of 4 eggs; simmer together ½ pint milk and ½ ounce isinglass or gelatine till the gelatine is dissolved, then mix with the beaten yolks and the sugar, then the whites of the eggs well beaten, then the whipped cream; flavor with I gill wine and set it aside to cool; pour it into a mold which was previously lined with pieces of sponge cake. When it is stiff and solid turn out into a dish and sift sugar over the top.

## CHARLOTTE RUSSE, NO. 2.

One pint sweet cream whipped light, ¼ ounce gelatine dissolved in I cup boiling milk, whites of 2 eggs, I cup powdered sugar; flavor. Mix cream, eggs and sugar, beat in gelatine when cold; line a mold with sponge cake and pour over.

# CHARLOTTE RUSSE, NO. 3.—Without Gelatine.

Make a sponge cake. Beat I pint sweet cream and the whites of 3 eggs to a stiff froth; sweeten the cream to taste, flavor with ½ teaspoon extract of almond, and mix the cream and egg froth; blanch and split I dozen almonds and place them on the cake, then pour over the cake the cream and froth of eggs.

#### FRUIT CHARLOTTE.

Line a dish with sponge cake; place upon the bottom, in the centre of the dish, grated pine-apple; cover with a whipped cream blanc mange. Keep back a little of the cream to pour over the top after it is poured out of the mold.

#### CREAM A LA MODE.

Put ½ pound white sugar into a deep glass dish, and the juice of I large orange and I lemon; to I ounce isinglass or gelatine add I pint water; let it simmer down ½, and when cool strain it into the glass dish, and by degrees add I½ pints whipped cream; stir until cool, and place it on ice to stiffen.

## CHOCOLATE CREAM.

This can be made the same as Bavarian Cream by using 2 cakes sweet chocolate, melted and stirred smooth in 2 tablespoons water, and adding to the yolks of the eggs.

This should be very nice and can be made in a great variety of ways. It is more attractive with a meringue piled on top of each cup, and browned. Or pour some of the hot chocolate into stiffly beaten whites of eggs, and put this light chocolate colored foam on the top of each cup. The yolks of the eggs enrich the chocolate. Flavor with vanilla or bitter almond.

## MOTTLED CHOCOLATE CREAM.

Make any rich cream or blanc mange of either gelatine or cornstarch. Divide into 2 parts, into I of which stir sufficient melted chocolate to give a pleasant taste. Flavor with vanilla. The following is very nice: Soak 1/4 cup gelatine in about 1/4 cup cold water for an hour or more. Fill the cup with boiling water and keep hot till dissolved. Meanwhile beat the yolks of 3 eggs with part of 1/2 cup sugar, and pour on this I pint boiling milk. Add the remainder of sugar and cook until it thickens, stirring constantly. Beat the whites of 3 eggs stiff, and pour the mixture, while boiling hot into them. This must be done slowly and the eggs stirred briskly. Add the gelatine water, flavor with I teaspoon vanilla, and divide into 2 parts, into I of which stir I square of Baker's chocolate dissolved. Allow both mixtures to cool, stirring occasionally. Pour a little of the dark into the mold, and allow to partly harden, then add some of the light, and so on till all is used. Set the unused where it will keep warm and not harden. This is very pretty made in small glasses on the top of which pile a meringue of both white and chocolate mottled.

#### GENOESE CREAM.

One pint milk, I tablespoon flour, I tablespoon sugar; boil until it thickens; add the yolks of 3 eggs and a piece of butter the size of an egg; flavor with lemon or vanilla. Cover the bottom of the

dish with sponge cake, spreading one side of the cake with currant or other jelly. Pour on the cream and dust the top with sugar.

## ITALIAN CREAM.

Put I ounce soaked isinglass, 6 ounces loaf sugar, and I pint milk, into a sauce-pan; boil slowly and stir all the time until the isinglass is dissolved; strain the mixture, and, when cool, mix it with I pint thick cream; flavor with I teaspoon extract bitter almond, and I gill rose-water. Beat thoroughly until it thickens; pour into a large or into individual molds and put into an ice-box until wanted.

#### MANIOCA CREAM.

Three tablespoons manioca, I pint milk, 3 eggs, vanilla and sugar to taste; soak the manioca in water till soft; boil the milk; while boiling stir in the manioca and the yolks of the eggs beaten with the sugar; when cooked sufficiently pour into a dish to cool; when cold, add the vanilla; beat the whites of the eggs until stiff, sweeten and flavor them and stir part into the cream, putting the rest on top.

#### ORANGE FROTH.

One box Coxe's gelatine, soaked 2 hours in 2 cups cold water, 6 small tart oranges, 1½ cups sugar, 4 eggs, the whites only. Peel and squeeze the oranges and put rind, juice and the sugar and soaked gelatine over the fire in a double boiler. When the two latter are dissolved, strain through a flannel into a dish to grow cool. When almost hard beat into the jelly the whipped whites of the eggs, and beat until both are a stiff froth. Set to form in a plain mold, and when formed heap by the spoonful in a glass dish.

#### RUSSE CREAM.

One-half box gelatine soaked in a little water I hour, I quart milk, I cup sugar and 4 eggs. Mix sugar, milk, yolks of eggs, and gelatine together; put in a pail, set in a kettle of water and boil 20 minutes. Beat the whites of the eggs stiff, and stir into the custard

after taking off the fire. Flavor with vanilla and pour into molds. Serve with sugar and cream or with custard.

## ROCK CREAM.

Boil rice until quite soft in new milk, sweeten with powdered loaf sugar. Pile it in a dish and lay on it in different places lumps of currant jelly, or any kind of preserves; beat the whites of 5 eggs to a stiff froth; add flavoring and I tablespoon thick cream; drop it over the rice, forming a rock of cream.

#### SPANISH CREAM.

Take ½ box gelatine, cover with water and let stand about ½ hour. Take I quart milk and let it boil up once or twice. Beat 5 eggs very light, and add sufficient sugar to sweeten them, and mix well together. Add the melted gelatine to the boiling milk, and when perfectly dissolved pour it upon the sugar and eggs. Return it to the fire for a few minutes, stirring all the time. Season with vanilla and pour into molds. Serve with cream.

#### TAPIOCA CREAM.

One cup tapioca soaked 8 hours in milk enough to cover; then take I quart milk, place on the stove, and when it boils add the beaten yolks of 2 eggs and the tapioca; let it boil up, then stir the beaten whites very thoroughly through it. Sweeten and flavor to taste. Eat cold.

## TAPIOCA CREAM, NO. 2.

Three tablespoons tapioca soaked in water over night. In the morning pour over I quart milk, boil 10 minutes, then add I cup sugar, yolks of 3 eggs, well beaten; pour in a dish, beat the whites, spread over the top and brown lightly.

#### TAPIOCA ICE.

One cup tapioca soaked over night. In the morning put it on the stove, and when it begins to boil put in a large cup sugar and boil till it is clear. Clear a good-sized pine-apple free from all specks and chop fine. Pour the tapioca boiling hot over the pine-apple and stir together. The hot tapioca will sufficiently moisten the pine-apple. Pour into molds and when cold eat with sugar and cream. Boil the tapioca in an earthen vessel to make it white. Canned pine-apple is very nice for this.

#### VELVET CREAM.

Put ½ box gelatine in I quart milk, with the yolks of 3 eggs, on the stove; stir until it comes to a soft custard. When cold, beat the whites of the eggs to a froth, add 6 tablespoons white sugar, I of flavoring, and stir in the mixture.

## VELVET CREAM, NO. 2.

Two tablespoons strawberry jelly, 2 tablespoons currant jelly, 2 tablespoons pulverized sugar, whites 2 eggs beaten stiff, I pint cream; whip the cream and fill wine-glasses ½ full and fill up with the above mixture beaten to a cream.

### WHIPPED CREAM.

Place cream over ice until thoroughly chilled, and whip with an egg-beater or whip-churn until it froths. While whipping place froth on a sieve, and return to bowl to be re-whipped all that passes through. When cream is difficult to whip, add to it and beat with it the white of an egg. Sweetened and flavored this is a choice dessert alone, but it may be served in various ways. Baked apples, and fresh or preserved berries are delicious with it. Jelly-glasses, ½ full of jelly and filled up with cream, make a very wholesome and delicious dessert.

# WHIPPED CREAM, NO. 2.

One and one-half pints good rich cream sweetened and flavored to taste, 3 teaspoons vanilla; whip to a stiff froth. Dissolve 34 ounce best gelatine in 1 small teacup hot water, and when cool pour into the cream; stir thoroughly, pour in molds and set on ice, or in a very cool place.

### WHIPPED CREAM SAUCE.

Mix a plateful of whipped cream, flavored with vanilla, the beaten whites of 2 eggs and pulverized sugar to taste, all together; pile a bank of this mixture in the center of a platter and form a circle of little fruit puddings, steamed in cups, around it, or it is nice for corn-starch, blanc manges, etc.

Single cream is cream that has stood on the milk 12 hours. It is the best for tea and coffee. Double cream stands on its milk 24 hours, and cream for butter frequently stands 48 hours. Cream that is to be whipped should not be butter cream, lest in whipping it change to butter.

#### RASPBERRY CREAM.

One quart good cream, I pint fresh raspberries; mash and rub the fruit through a fine sieve or strainer, to extract the seeds, bring the cream to a boil (having reserved I pint for froth), and add it to the berries while it remains hot, sweeten with powdered sugar to taste, let it become cold. Now raise cream which has been reserved to a froth with a beater, take off the froth and lay it on a sieve to drain; fill dish or glasses with the cream and place froth on top. Very nice. Any kind of berries, jam or jelly is good, and can be used without straining.

#### ALMOND CUSTARD.

One pint new milk, I cup pulverized sugar, ¼ pound almonds blanched and pounded, 2 teaspoons rose-water, the yolks of 4 eggs; stir this over a slow fire until it is of the consistency of cream, then remove it quickly and put it in a glass dish. Beat the whites with a little sugar added to the froth, and lay on top.

## ALMOND CUSTARD, NO. 2.

Soak ½ box gelatine in enough cold water to cover it, then dissolve in I pint rich milk, add 2 well-beaten eggs, 4 tablespoons sugar, and I tablespoon extract bitter almond and strain. Add I cup whipped cream, and beat light; pour into a deep glass dish, and when set stick a few blanched almonds over the top.

## APPLE CUSTARD.

Peel and core tart, medium-sized apples, place in a deep earthen dish with I pint water and I cup sugar; cover and place in the oven, and simmer until clear, but not broken. Remove with a skimmer into the dish in which they are to be served. A soft custard made of the yolks of 4 eggs to I quart rich milk, and piled up on the compote, renders it a fine dish. The whites of the eggs should be whipped and placed on top, with a small island of currant or rasp-berry jam or jelly in the centre.

#### BOILED CUSTARD.

Allow 5 eggs to I quart milk, and I tablespoon sugar to each egg; set the milk in a kettle of boiling water until it scalds; then, after dipping a little of the milk onto the eggs and beating up, turn into the scalded milk and stir until it thickens. Flavor to taste.

This may be made in like manner by using 2 tablespoons cornstarch and 2 eggs. Served with grated cocoanut it is very nice.

#### BAKED CUSTARD.

One quart milk, 5 eggs, a pinch of salt, sugar and flavor to taste; boil the milk; when cool, stir in the beaten eggs and sugar, pour into cups, set them in pans of water, and bake; if baked too long it will become watery.

#### CHOCOLATE CUSTARD.

Make a boiled custard with I quart milk, the yolks of 6 eggs, 6 tablespoons sugar, and ½ cup grated vanilla chocolate. Boil until thick enough, stirring all the time. When nearly cold flavor with vanilla. Pour into cups and put the whites of the eggs, beaten with some powdered sugar, on the top.

### COCOANUT CUSTARD.

To I pound grated cocoanut allow I pint scalding milk, 6 ounces sugar. Beat well the yolks of 6 eggs and stir them alternately into the milk with the cocoanut and sugar. Pour this into a dish lined

with paste and bake 20 minutes; or, if preferred, treat the mllk, cocoanut, eggs and sugar as for boiled custard, and serve in cups.

## COCOANUT CUSTARD, NO. 2.

Make a good boiled custard, flavor with I teaspoon bitter almond essence, grate I cocoanut, and when the custard is quite cold (it should be poured when warm into a glass bowl), strew the cocoanut on the top. Sift white sugar over this.

## CARAMEL CUSTARD.

Put 2 dessertspoons crushed sugar into a tin pan; let it stand on the stove till it begins to brown, then stir constantly till it is thick, black syrup. Pour it into I quart scalding milk; add 6 ounces white sugar and the yolks of 6 eggs. Beat and pour into cups, set in a pan of hot water in the oven and bake 20 minutes.

#### CUSTARD WITHOUT EGGS.

Mix I large tablespoon corn-starch and 2 tablespoons sugar with a little cold milk. Boil I pint milk with a bay leaf (a few cents' worth of bay leaves to be had at the drug stores will last a long time in cooking). Take out the leaf and pour the milk over the cornstarch, stirring all the time. Let it boil up for a few minutes, and turn it out in a dish over stewed apples, peaches or other fruit. You can improve apples by boiling a little cider with them; use light brown or yellow sugar for sweetening stewed fruit.

### CUP CUSTARD.

Beat 5 eggs with 3/4 cup white sugar, flavoring, and I quart milk; pour into cups and place in a baking-pan of water. Bake in a slow oven.

## LEMON CUSTARD.

Take the yolks of 4 eggs and the whites of 2, I cup sugar, I cup cold water, butter ½ the size of an egg, I tablespoon corn-starch, rubbed smooth in a little cold water, the grated peel of a large lemon, and the juice. Beat all together. Bake in custard cups, leaving a

space at the top. Whip the whites of the other 2 eggs, adding 3 tablespoons powdered sugar. When the custard is done, take from the oven fill the top space with the whipped egg, spread on smoothly. Return to the oven till a delicate brown.

## FLOATING ISLAND.

Make a custard of the yolks of 6 eggs, I quart milk, small pinch salt, sugar to taste; beat and strain yolks before adding to the milk; place custard in a large tin pan, and set in stove, stirring constantly until it boils, then remove, flavor with lemon or rose, and pour into a dish (a shallow, wide one is best), spread smoothly over the boiling hot custard the well-beaten whites, grating some loaf sugar (some add grated cocoanut) on the top. Set the dish in a pan of icewater and serve cold. Some prepare the whites by placing a tablespoon at a time on boiling water, lifting them out carefully, when cooked, with a skimmer and laying them gently on the float. This is the "old reliable recipe."

## FLOATING ISLAND, NO. 2.

Into 3/4 pint cream put enough sugar to make it very sweet, and



the juice and rind of I lemon grated. Beat it for 10 minutes. Cut French rolls into thin slices, and lay them on a round dish on the top of the cream. On this put a layer of apricot or currant jam, and some more slices of roll. Pile upon this, very high, a whip made of damson

jam, and the whites of 4 eggs. It should be rough to imitate a rock. Garnish with fruits or sweetmeats.

## IRISH MOSS.

Soak I scant handful Irish moss in soda water, until it swells; then squeeze the moss until it is free from water, and put it in a tin bucket which contains 6 pints milk. Set the bucket in a large iron

pot which holds several pints of hot water; stir seldom, and let it remain until it will jell slightly by dropping on a cold plate. Strain through a sieve, sweeten and flavor to taste. Rinse a mold or a crock with tepid water; pour in the mixture and set it away to cool. In a few hours it will be palatable. Eat with cream and sugar. Some add jelly.

## MOONSHINE.

Beat the whites of 6 eggs into a very stiff froth, then add gradually 6 tablespoons powdered sugar, beating for not less than 15 minutes, then beat in I heaping tablespoon preserved peaches cut in tiny bits. In serving, pour in each saucer some rich cream sweetened and flavored with vanilla, and on the cream place a liberal portion of the moonshine. This quantity is enough for 7 or 8 persons.

## JELLY CUSTARD.

One quart milk, 6 eggs, whites and yolks, I cup sugar, flavoring to taste, some red and yellow jelly, raspberry is good for one, orange jelly for the other. Make a custard of the eggs, milk and sugar; boil gently until it thickens well; flavor when cold; fill your custard glasses  $\frac{2}{3}$  full and heap up with the two kinds of jelly, the red upon some, the yellow upon others.

### ORANGE SNOW.

One ounce isinglass dissolved in I pint boiling water; when it is dissolved strain it, and let it stand until it is nearly cold; then mix it with the juice of 6 oranges and I lemon, the whites of 3 eggs, and sugar to taste, whisk the whole together until it is white and looks like a sponge; put it into a mold and turn it out the following day. Place the mold on ice or in some very cold place.

#### ORANGE SOUFFLE.

Peel and slice 6 oranges, put in a glass dish a layer of oranges, then 1 of sugar, and so on until all the orange is used, and let stand 2 hours; make a soft-boiled custard of yolks of 3 eggs, 1 pint milk,

sugar to taste, with grating of orange peel for flavor, and pour over the orange when cool enough not to break the dish; beat whites of the eggs to a stiff froth, stir in sugar, and put over the pudding. Praised by all.

#### PRUNE WHIP.

Sweeten to taste and stew 3/4 pound prunes; when perfectly cold add the whites of 4 eggs beaten stiff; stir all together till light, put in a dish, and bake 20 minutes; when cold, serve in a larger dish, and cover well with good cream.

## QUAKING CUSTARD.

Three cups milk, yolks of 4 eggs, reserving the whites for the meringue, ½ package gelatine, 6 tablespoons sugar, vanilla flavoring, juice of I lemon for meringue. Soak the gelatine 2 hours in I cup of the cold milk. Then add to the rest of the milk, which must be boiling hot, and stir until dissolved. Let it stand a few minutes, and strain through muslin over the beaten yolks and sugar. Put over the fire and stir 5 minutes, or until you can feel it thickening. Stir up well when nearly cold, flavor, and let it alone until it con geals around the edges of the bowl into which you have poured it; then stir again, and put into a wet mold. Set upon ice, or in cold water until firm. Turn it, when you are ready for it, into a glass bowl. Have a meringue made by whipping the whites stiff with 3 tablespo hs powdered sugar, and the lemon juice.

# CHAPTER VI.

## DAINTY DISHES AND THE CHAFING DISH.

#### ALMOND PASTIES.

One-half pound ground almonds, ½ pound powdered sugar, ¼ pound flour, ¼ pound butter, 3 eggs, jam, essence of almonds. Mix the almonds, ½ the sugar, a few drops essence, and the white of 1 egg, to make paste. Mix the flour, butter, and remainder of the sugar, and work it into a paste with the whites of 2 eggs. Roll both out, and place one upon the other. Brush over with the yolks, sprinkle with a little chopped almond, and bake in a moderate oven till they are a pale brown. Ornament with jam when cold.

### APPLE CROUTES.

Peel and core the apples, halve them, take ½ slices of bread, spread thickly with butter, sprinkle with sugar, lay ½ apples on bread, core down, sprinkle on more sugar and any kind of spice preferred. Bake.

## APPLE FARCIES.

Six large apples, 2 tablespoons minced goose or duck, I egg, I shalot or small onion, bread-crumbs, I pinch sage. Pare the apples and scoop a large piece from the stalk end. Mince the poultry and shalot, and make into a forcemeat with the egg, bread-crumbs, sage, pepper, and salt. Fill the apples, and bake in a brisk oven for 20 minutes. Pour over them a rich gravy.

## GOLDEN APPLES.

Six large apples, jam, 6 ounces rice, I pint milk, I ounce butter, I egg, 2 ounces sugar. Pare and core the apples and fill with jam, butter a pie-dish and put them in; stew the rice with the sugar and

butter in the milk; fill the spaces on the dish, and put the remainder on top; beat the egg and brush it over the surface. Bake in a brisk oven for I hour.

## BAKED CHEESE.

Take 1½ cups finely chopped or grated cheese; add ½ cup bread crumbs, I cup milk, I egg, beaten light, a little pepper and salt to taste. Put it in a buttered dish and bake 15 minutes in a quick oven. This is a good way to use the last of a piece of cheese, when it becomes too dry to be nice alone.

## CHEESE STRAWS.

Rub 4 tablespoons sifted flour with 2 of butter and 4 of grated cheese, add I egg and season with salt and cayenne pepper; roll very thin, cut narrow strips 3 inches long and bake a pale brown in a hot oven. They can be molded into fancy shapes if desired.

#### CHEESE CAKES.

Peel and grate I cocoanut; boil I pound sugar 15 minutes in  $\frac{2}{3}$  pint water; stir in the grated cocoanut and boil 15 minutes longer. While warm, stir in  $\frac{1}{2}$  pound butter; add yolks of 7 eggs well beaten. Bake in patty-pans with rich paste. If prepared cocoanut is used, take  $1\frac{1}{2}$  coffeecups.

#### A DESIRABLE DESSERT.

Sponge cream furnishes a very delicate and easily made dessert. The ingredients are: I pint milk, 3 tablespoons gelatine, 3 tablespoons sugar, 3 eggs. Put gelatine into cold milk, let it stand a little while; put on stove and bring milk to boiling point, then add the sugar and yolks of eggs which have been well beaten together. Remove from the fire and stir in the whites, which have also been beaten stiff. Add a little salt and flavor to suit and pour into molds; wet first so the cream will turn out easily.

## A DELICIOUS DESSERT.

A delicious dessert is made of canned peaches and gelatine in this way: Soak ½ cup gelatine with I cup sugar and I dozen halves from a can of peaches for I hour, then pour on I cup boiling water and pass all through a strainer. Be sure to stir it all over the fire until all the gelatine is dissolved. Set aside to cool, and when ready to congeal have ready a cup of rich cream, whip the cream until light, add a pinch of soda and stir it into the gelatine quickly, I spoonful at a time. Turn into a mold wet with cold water, and set in a cold place to harden.

## A SIMPLE DESSERT.

A delightful dessert is made by lining the sides of a mold with sponge cake, and the bottom with sliced bananas. Fill the mold with stiff whipped cream. Set it on ice till eaten.

#### EGG BALLS.

Boil 4 eggs 10 minutes. Drop into cold water and when cool remove the yolks. Pound these in a mortar until reduced to a paste, and then beat them with I teaspoon salt, a speck of pepper and the white of I raw egg. Form in balls about the size of a walnut. Roll in flour, and fry brown in butter or chicken fat, being careful not to burn.

## EGGS BROUILLE.

Six eggs, ½ cup milk, or, better still, cream, 2 mushrooms, I teaspoon salt, a little pepper, 3 tablespoons butter, a slight grating of nutmeg. Cut the mushrooms into dice and fry them for I minute in I tablespoon of the butter. Beat the eggs, salt, pepper and cream together, and put them in a saucepan. Add the butter and mushrooms to these ingredients. Stir over a moderate heat until the mixture begins to thicken. Take from the fire and beat rapidly until the eggs become quite thick and creamy. Have slices of toast on a hot plate. Heap the mixture on these, and garnish with points of toast. Serve immediately.

## FAIRY CORN-STARCH.

Put I pint strawberry, or other fruit juice, in a farina boiler. Moisten 4 tablespoons corn-starch with a little cold water and stir it into the hot fruit juice; stir until it thickens; add ½ cup sugar, stir until the sugar is dissolved, and then add hastily the well-beaten whites of 3 eggs. Turn into a mold and stand away to harden. Serve icy cold with sugar and cream.

#### FLORENTINES.

Roll some nice puff paste to a thickness of 1-8 inch and lay it on a thin baking-tin. Spread over it a layer of green-gage or any other preserve or jam, and bake it in a moderate oven. Take it out, and when partially cool, having whipped the whites of 2 eggs with sugar, put the whip over the preserve, and strew some minced almonds all over the surface, finishing with sifted sugar. Put once more into the oven until the whip is quite stiff. The florentines should be of a pale color, and a few minutes after the paste is finally removed from the oven it should be cut into diamonds, and when served up placed on a serviette or ornamental paper.

### IRISH ROCK.

A sweet for dessert. Wash the salt from ½ pound butter and beat into ¼ pound finely powdered sugar; blanch I pound sweet almonds and I ounce bitter; pound these in a mortar, reserving enough of the sweet almonds to spike for ornamenting the dish when sent to table; add the butter and sugar, with ¼ glass brandy, and pound until smooth and white; when, after becoming firm, it may be molded into a large egg-like shape, and stuck full of almond meats. It should be placed high on a glass dish, with a decoration of green sweetmeats and a sprig of myrtle, or garnish with any green fruits or sweetmeats.

## LEMON SPONGE.

Soak I ounce gelatine in I pint boiling water until dissolved; then pour on it I pint boiling water, the juice of 3 lemons and sugar

to taste. When thoroughly mixed beat to a white froth and add the whites of 4 eggs, well beaten. Beat all together until quite stiff, put in molds wet with water and set on the ice.

## LEMON JELLY.

Cut 6 bananas lengthwise. Slice 6 oranges. Dissolve a little more than ½ box gelatine in ½ pint cold water; then add ½ pint boiling water, the juice of 3 lemons, and sweeten to taste. In any vegetable dish place a layer of the cut bananas; then a layer of the sliced oranges; sprinkle a little sugar over them; fill the dish in this order. When the gelatine has cooled a little, pour it over the bananas and oranges, and serve.

#### ORANGE SPONGE.

Make orange sponge the same as lemon.

## PEACH SPONGE.

One pint canned peaches, ½ package gelatine, the whites of 5 eggs, I scant cup sugar, I½ cups water. Soak the gelatine for 2 hours in ½ cup of the water. Boil the cup of water and the sugar 15 minutes. Mash the peaches fine, rub through a sieve, and put in the syrup. Cook 5 minutes, stirring all the time. Place the saucepan in another of boiling water and add the gelatine. Stir for 5 or 8 minutes, to dissolve the gelatine; then place the saucepan in a dish of ice water and beat the syrup until it begins to harden. When it will just pour turn it into the mold, and set away to harden. Serve with sugar and cream. Apricot and pear sponges can be made in the same manner.

#### PINE-APPLE SPONGE.

One small pine-apple or a 1½-pint can of the fruit; I small cup sugar, ½ package gelatine, 1½ cups water, the whites of 4 eggs. Soak the gelatine 2 hours in ½ cup of the water. Chop the pine-apple, and put it and the juice in a saucepan with the sugar and the remainder of the water. Simmer 10 minutes. Add the gelatine,

take from the fire immediately, and strain into a tin basin. When partially cooled, add the whites of the eggs, and beat until the mixture begins to thicken. Pour into a mold and set away to harden. Serve with soft custard flavored with wine.

#### MACARONI RAREBIT.

Break ½ pound macaroni in small pieces, and let it stand in warm water till tender; drain and place in a stew-pan with 1½ pints milk; boil 10 minutes; add I pound cheese, cut in small pieces, butter the size of an egg, and salt to season well. Remove from the stove as soon as the cheese has melted and pour over buttered toast.

#### ORANGE COCOANUT.

Have ready a fine ripe cocoanut, peeled, washed, wiped dry and grated; mix in plenty of pulverized sugar; take 5 large ripe oranges, peel and slice them. Cover the bottom of a glass bowl with the sliced orange, then a layer of cocoanut, another of orange, and so on till the dish is full, finish with cocoanut heaped up. This is a nice impromptu addition to the dessert at dinner.

### ORANGE HASH.

Orange hash is a new fancy dessert, consisting of oranges, bananas, lemons, apples, raisins and pine-apples cut into little bits and served with nutmeg and sugar. The manner of serving is as peculiar as the dish. A hole is cut in the stem end of an orange, large enough to admit a spoon, and after the inside is scooped out the orange is filled with the hash, a little champagne or other wine is poured in and the whole is frozen.

#### ORANGE TART.

Squeeze out the juice and pulp of 3 oranges into a bowl; add the juice of ½ lemon, 3 ounces sugar, 1½ pints cold water; let it come to a boil and then strain. Dissolve 2 tablespoons corn-starch in a little cold water, rub it smooth and add to it the strained juices; let it boil 15 minutes to cook the corn-starch; then set it aside and

when cold set it in the ice-box to become quite cold. Beat up the whites of 3 eggs to a foam, whip it into the corn-starch and it is ready for use. It may be served in tart-shells or fancy cases.

#### GRAPE TRIFLE.

Pulp through a sieve 2 pounds ripe grapes; add sugar to taste. Put into a glass dish and cover with whipped cream, nicely flavored. Serve very cold.

## GOOSEBERRY TRIFLE.

One quart gooseberries, sugar to taste, I pint custard, and I plate whipped cream. Put the gooseberries into a jar, with sufficient moist sugar to sweeten them, and boil them until reduced to a pulp. Put this pulp at the bottom of a trifle dish, pour over it I pint custard, and, when cold, cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be so much firmer and more solid. This dish may be garnished as fancy dictates.

### LEMON TRIFLE.

Two lemons, juice of both and grated rind of I, I cup sherry, I large cup sugar, I pint cream well sweetened and whipped stiff, a little nutmeg. Strain the lemon-juice before adding the wine and nutmeg. Strain again and whip gradually into the frothed cream. Serve in jelly-glasses and send around cake with it. It should be eaten soon after it is made.

### RASPBERRY TRIFLE.

Put into the bottom of a glass dish a layer of sliced sponge cake, moistened with cream, then cover with ripe red raspberries, or peaches, peeled and sliced, are equally good. Repeat the layers until the dish is  $\frac{2}{3}$  full. Then prepare a boiled custard in this manner: Beat together the yolks of 3 or 4 eggs and whip in  $\frac{1}{3}$  cup sugar; stir gradually into these I quart milk just brought to a boil, then heat till the custard thickens, stirring constantly. When this has cooled pour it over the cake, cover with the whipped whites

beaten to a stiff froth with a little sugar, and ornamented with red berries or bits of bright jelly tastefully arranged.

#### A TRIFLE.

Cut 12 of the long cakes called lady-fingers in halves lengthwise, spread some of them with strawberry and some with apricot jam; put them together again and arrange them in a deep glass dish, lay around them about ½ pound macaroons. Make a custard with 1½ pints milk and the yolks of 6 eggs sweetened to taste (take care that it does not curdle), flavor it after it is made and pour it while still hot over the sponge cakes. About I hour before using whip up ½ pint good cream and heap it on the trifle.

## STRAWBERRY CREAM TARTS.

Line patty-pans with paste, bake, fill with stewed strawberries; stir ½ teaspoon corn-starch into ½ teacup milk with the beaten whites of 2 eggs, and 2 tablespoons white sugar; set on the stove and stir until thick and smooth, let cool and add ½ teacup whipped cream, beat, and pour over the tarts. Raspberries or other small fruits may be used instead of strawberries.

## WHIPPED SYLLABUBS.

One pint cream, rich and sweet, ½ cup powdered sugar, I glass wine, I large teaspoon vanilla or other extract. Sweeten the cream, and, when the sugar is thoroughly dissolved, stir in the wine carefully with the flavoring extract, and churn to a strong froth. Heap in glasses and eat with cake.

## THE CHAFING DISH.

The advent of the chafing dish has been slow but sure, and those who have experienced its convenience for quick tasty dishes, will yield it willing homage. Once begin its use, and the range of savory dishes which can be cooked is surprising. A point to be

emphasized is that the graceful and expeditious use of it require that, as far as possible, materials be measured and prepared beforehand.

Though this section has been prepared for the chafing dish especially—all of which recipes can be cooked on the



ordinary stove—there are many others in various sections of this book which, with little or no modification, can be used the same as these; while for those who use the range these will be found equally useful.

## BREAD SAUTE.

Take a thick slice of bread, crust preferable: put a tablespoon of butter in the chafing dish and brown the bread on both sides. Take it out and put in 2 tablespoons grated ham, 2 tablespoons grated cheese, and 1 gill of cream. Season with a little Cayenne pepper, mix all well together, and when very hot, spread on the toast.

## ANCHOVY TOAST.

For 6 people use 6 slices of bread, cut thin, 4 tablespoons butter, and enough anchovy paste to spread thinly on the toast. Clarify the butter by letting the cup stand in boiling water for ½ hour. Pour the clear oil (clarified butter) into the chafing dish. Cut the slices of bread into strips. When the butter is smoking hot put in as many slices of bread as will lie flat in the pan. Brown slightly, then turn and brown on the other side. Take from the pan and spread lightly with anchovy paste. Serve at once. While you are spreading the first slices with the paste, have more browning.

## STRAWBERRY CAKES.

One cup milk, 2 eggs, I tablespoon sugar, I cup flour, I teaspoon baking powder, I saltspoon salt, ½ tablespoon olive oil. Sift sugar, flour, and baking powder together. Beat the eggs separately, adding yolks and salad oil, and salt to mixture, and fold in the whites last. Butter the pan well and pour in enough butter to cover the bottom. Brown and turn over. Butter, spread with strawberry preserves, roll up, and serve with powdered sugar.

## ORANGE SOUFFLÉ.

Pulp and juice of 2 oranges, ½ teaspoon orange extract, 2 eggs, 2 teaspoons butter, 3 tablespoons powdered sugar, I teaspoon caramel, ½ saltspoon salt. Beat the yolks of the eggs until light and thick. Beat the white of I egg until stiff, add gradually I tablespoon of the sugar, fold into the yolks, add salt, spread carefully into a hot buttered chafing dish, when well puffed spread the pulp of the oranges over the top, spread over that the other beaten white, to which the sugar and extract are added gradually, when well puffed and brown, fold, sprinkle on the caramel, pour over all the orange juice and serve.—MRS. A. D. GILLETTE.

## POACHED EGGS.

Take I pint of sweet milk; just before it boils stir in I tablespoon butter and I teaspoon salt. Beat 6 eggs to a froth, and pour in until the whole thickens, say about 2 minutes. Put out the lamp and stir half a minute or so. Pour over the toast.

#### EGG CUTLETS.

Cut 6 hard-boiled eggs, when quite cold, into rather thick and even slices with a sharp knife. Dip each slice lightly into a well-beaten raw egg, and then roll them carefully in fine bread-crumbs. The crumbs should have been previously seasoned with pepper, a teaspoon of finely chopped parsley, and a good pinch of salt. Three tablespoons of butter are put into the chafing dish, and when thoroughly hot the cutlets are laid carefully in it, and browned a light golden color. Place them on a hot dish and pour over them a cup of stock into which a raw egg has been beaten.

#### WELSH RAREBIT.

Cut ½ pound fresh cream cheese into small pieces, and put it in the chafing-dish before lighting the lamp. Stir it and, as soon as it begins to melt, add I tablespoon butter. When it begins to look smooth add 2 eggs, beaten light, and ½ cup cream. Cook, stirring all the while, until it is smooth and of the desired consistency. Season with salt, a little white pepper and a dash of cayenne, or use no pepper and season with Tabasco. Serve on crackers or on toast. If salted wafers are used, be careful about the amount of salt used.

Welsh Rarebit No. 2.—Melt a lump of butter the size of a walnut in the chafing dish, then add I pound of cheese, cut in small pieces, with I teaspoon of dry mustard. When melted, pour in slowly ½ cup milk or cream, being careful not to curdle. Season with salt and cayenne pepper, and pour on hot buttered toast.

## CHOPS.

For dainty French lamb chops, use a scant teaspoonful of butter for each chop; when smoking hot put in the chops, cover a moment, then turn, season with salt and pepper; when a golden brown they are done (usually in about four and one-half minutes). If allowed to cook longer, they will be found to be too well done. An English chop weighing a pound should be cooked to minutes; mutton chops, 6 minutes.

#### DRIED BEEF.

To 2 tablespoons of melted butter add ½ pound of chipped beef. Fry until brown, add 1½ pints milk and 1 tablespoon flour, creaming the flour with a little cold milk. Serve on toast.

## SALMI OF BEEF.

One pint of cold roast beef cut in thin slices, 2 tablespoons butter, I cup stock, I tablespoon Worcestershire sauce, 2 tablespoons flour, I teaspoon lemon juice, 1/4 cup claret. First melt and brown the butter, add the flour, stir until smooth and brown. Add the stock, stir until it thickens, then put in the meat. Put the upper pan in the bath, and, when the beef is heated, add the lemon juice, Worcestershire sauce and claret. Serve at once. This same recipe may be used for mutton, poultry or game.

## KIDNEY WITH EGGS.

Scald, skin and quarter 4 lamb kidneys. Put into the chafing dish a teaspoon butter and ½ teaspoon chopped white onion. When thoroughly browned add the kidney, a tablespoon water, and then 4 raw eggs. When the eggs set, the dish is ready to be served.

## SALMI OF PRAIRIE CHICKEN.

Take 2 cold roasted prairie chickens and cut them into joints and put them aside while you prepare a gravy in the following manner: Take the bones, skin, and odds and ends of the chickens, add I onion minced, I bunch of sweet herbs, a few pieces of pork, and whatever gravy or dressing you may have, and stew in I pint of water for an hour. Skim and strain into chafing dish. Add I gill of sherry and the juice of a lemon. Thicken with brown flour, if needed. Boil and pour over the reserve meat and serve smoking hot.

## STEWED REED BIRDS.

Put in the chafing dish about 2 walnuts of butter, or sufficient to float the birds, and when quite hot put in 4 reed birds. Season with salt and pepper and cook for 6 minutes, turning them frequently. Lay 2 birds on each slice of toast and pour over them a gravy made from ½ cup rich stock and 1 teaspoon vinegar. Serve quite hot.

# BLANQUETTE OF CHICKEN.

Heat I pint chicken broth, add 4 fresh mushrooms, peeled and cut in pieces, and simmer until tender. Add I cup of cold chicken, sliced in delicate pieces, cook gently until heated, then add the beaten yolks of 2 eggs, stirring them in gradually. When the sauce is smooth and creamy, season with salt and pepper and a few drops of lemon juice.

## CREAMED CHICKEN.

Creamed chicken is delicious and should be prepared thus: Cut a cold fowl into dice, season with salt and pepper and put away in a cool place over night. In the morning put a tablespoon butter in the chafing dish, and when boiling stir into it a tablespoon flour and then add a coffeecup broth; stir until smooth and then add gradually a teacup hot milk; let all come to a boil; add the chicken

and let simmer for 5 minutes. Slices of nicely-browned toast placed on the dish are an improvement.

## TURKEY HASH.

Two cups of cold minced turkey, 2 cups milk, I tablespoon chopped parsley, I teaspoon salt, 2 tablespoons butter, 2 tablespoons flour, 2 drops of onion extract, ½ teaspoon pepper. Season the meat with the salt, pepper and parsley. Make a sauce of the butter, flour and milk, and, when the milk is heated, add the turkey. Cook for 10 minutes and serve on toast.

## FRIED SHAD.

Clean carefully a nice roe-shad. Remove the head and fins, split it, and cut each side into 4 or 5 pieces. Season with salt and pepper. Roll in flour and fry in the chafing dish in lard or dripping until a fine brown. Drain well on white blotting paper, and serve hot, garnished with sliced cucumber, pickle and parsley, and pass sliced lemon with it. Mashed potatoes should be served with this dish.

## SMELTS.

Take 2 dozen smelts, carefully open at the gills, drawing each one between your finger and thumb, beginning at the tail. Wash them thoroughly and drain in a colander. Take ½ cup flour and ½ cup Indian meal, salt the fish, and roll them in it. Take 2 or 3 strips of pork drippings, or an ounce of lard (the drippings are preferable), and put in the chafing dish and when hot, drop in the smelts and fry brown. Do not put in too many at a time or they will not crisp well.

# BROOK TROUT.

Clean the fish carefully and dredge with flour. Put some butter in the chafing dish, and when hot put in the fish and fry to a nice brown. Take up as soon as they are done. Drain a moment on a hot folded napkin, and serve on a heated dish, with sprigs of green or slices of lemon as a garniture. No salt will be needed when fried in butter.

# CRABS A LA CREOLE.

One ounce table butter, I small onion and I sweet Spanish pepper, both minced, cook 5 minutes and stir well. Add ½ pint of

strained tomato pulp, a gill of chicken broth, and 4 soft shell crabs, each one cut in two. Season with salt and celery salt, stir well, simmer 7 minutes.

## CREAMED LOBSTER.

One-half pint cream, I pint lobster cut in small pieces, I heaping tablespoon butter, I level tablespoon flour, a grain of cayenne, I teaspoon salt and I teaspoon lemon juice. Season the lobster with all the cayenne and a little more than half the salt. Put the butter in the upper dish and place over the lamp; when melted add the flour, and stir until the mixture is smooth and frothy; then gradually stir in the cream. When the sauce boils up put in the lobster. Now put hot water in the lower pan. Set the upper pan on this, cover it, and cook 10 minutes, stirring frequently; then stir in the lemon juice and serve at once. Enough for 3 persons.

# CURRY OF LOBSTER.

Two cups lobster, cut coarsely, 2 tablespoons butter, I tablespoon flour, I tablespoon minced onion, I teaspoon curry powder, 2 cups stock. Put the butter in the upper dish, and when melted, add the onion and brown; then put in the flour and curry powder, stir till smooth and brown, when the stock should be added and all cooked for 5 minutes. Stir in the lobster. Cook only until heated through. Season with ½ teaspoonful of salt and serve.

# DEVILED LOBSTER.

Prepared in the same manner as "creamed lobster," save that to the sauce I tablespoon mixed mustard and a grain of cayenne should be added.

# LOBSTER A LA NEWBERG.

Take the nicest part of a large lobster, cut it into small lumps, put in I tablespoon butter, seasoning well with pepper and salt. Pour over it I gill of sherry and cook it IO minutes. Add the beaten yolks of 3 eggs and ½ pint of cream. Let all come to a boil and serve immediately. Shrimps can be prepared in same sauce.

# CURRIED OYSTERS.

Drain I quart oysters thoroughly. Heat for a few moments to draw out all superfluous liquor, and drain again. Set aside in a

shallow dish. Mix together ½ teacup butter, I teaspoon corn starch, I tablespoon curry powder, 4 tablespoons liquor from oysters, I teaspoon scraped onion or onion juice. Heat this mixture in the chafing dish and add gradually ¾ teacup milk, with which has been mixed a small coffeespoon salt. Stir hard until very smooth, add the oysters and cook for 5 or 6 minutes. Serve with rice croquettes.

# DEVILED OYSTERS.

Eighteen large oysters, 3 tablespoons butter, 2 tablespoons lemon juice, I level teaspoon salt, I teaspoon mixed mustard and ½ saltspoon cayenne. Drain the oysters. Put the butter in upper dish and light the lamp. When the butter is hot, add the oysters and other ingredients. Stir until the oysters begin to ruffle on the edge. Serve at once on hot toast. Enough for 3 persons.

# "OYSTERS MAITRE D'HOTEL."

Rinse and thoroughly drain 2 dozen oysters. Put with I tablespoon butter in the upper dish. Stir carefully and when the edges begin to ruffle add the juice of ½ lemon, and ½ tablespoon chopped parsley. Season with salt and paprika and serve on squares of toast.

# OYSTERS A LA NEWBURG.

Heat I gill of cream in upper dish. Rub I large tablespoon flour into 2 large tablespoons butter .Rub the yolks of 3 hard-boiled eggs smooth with a little cream, add to hot cream with flour mixture. Stir until thick and smooth. Add a shake of red pepper and ½ teaspoon salt. Cook 40 oysters in their own liquor and I teaspoon salt until edges are ruffled, about 10 minutes, then drain, add at once to cream prepared with 2 tablespoons sherry and serve at once.

# CORN FRITTERS.

One cup cold sweet corn, I beaten egg, 2 tablespoons flour, ½ teaspoon baking powder. Pepper and salt to taste. Make into a batter and fry by spoonfuls in butter.

### MACARONI WITH MUSHROOMS.

Parboil ½ pound of macaroni, drain and keep warm. Put a little chopped parsley, I sliced onion, I tablespoon of vinegar with I pint water, in the chafing dish, and let it come to a boil, add I pint

canned or dried mushrooms, let cook 10 minutes, beat in 4 eggs and stir until thick. Put the macaroni in a deep dish, pour over the sauce, and set over again for 5 minutes.

# FRENCH PEASE.

Turn one can of *petit pois* in a strainer and let about I quart cold water run over them to rinse off the water with which they were surrounded. Put them in the chafing dish with I tablespoon butter, I teaspoon sugar, I gill water, and I level teaspoon salt. Place over the lighted lamp and cook for 5 minutes.

# CREAMED POTATOES.

One pint of cold potatoes, cut into cubes or thin slices. Put them in the chafing dish, cover with milk and cook until the potatoes have absorbed the milk, then add I tablespoon butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  saltspoon pepper, and a little chopped porsley.

# CANNED TOMATOES.

Put in the upper dish one tablespoon butter and I teaspoon flour. Stir until the butter bubbles; add I pint of canned tomatoes, ½ teaspoon pepper and I level teaspoon salt. Cook for IO minutes, stirring frequently. For some tastes a teaspoon sugar is a desirable addition.

### TOMATOES WITH MUSTARD SAUCE.

Three large ripe tomatoes, 2 tablespoons butter, I teaspoon mustard, I raw egg, 2 tablespoons vinegar, I level teaspoon powdered sugar, ¼ teaspoon salt and a dash pepper. Pour over the tomatoes boiling water to loosen the skins, peel and cut into thick slices and put on the ice. The sauce may be used hot or cold; it is best cold. To make: Cream the butter, add the sugar and mustard, which may be "dry" or "made" mustard, and mix well. Add the salt and pepper and rub into the mixture the yolk of hard-boiled egg. For this use a little sieve. Heat your vinegar; then add that and finally the beaten raw egg. Set over the hotwater pan and cook slowly until the consistency of a thick cream. Stir constantly to make it smooth. Set aside to cool. When ready to use, put a tablespoon of butter in the chafing dish. Add the tomatoes and, when hot, serve from the dish.

# CHAPTER VII.

# DESSERTS.—PIES.

### PUFF PASTE.

To insure elegant pastry you must use the best materials, and take the trouble required to make it properly. "Puff Paste" fills all of the requirements if made according to the following recipe:

Use for each pound of butter I pound flour. First the butter should be worked or kneaded with the hand until all the buttermilk or water is squeezed out. Wet the hand and the molding board with cold water. The butter must not be put in with the cracks in it, which you will see on breaking it, for these make the pastry full of flakes. By working with the hand a smooth even paste can be made without melting the butter. After working, wrap in a towel dusted with flour and put in a cool place. Mix I pound flour, the yolk of I egg, I teaspoon butter, the juice of I lemon, and I saltspoon salt, with cold water enough to make a paste as soft as bread dough. The lemon-juice is for making the dough tender, and the egg is used simply to give a yellowish appearance to the crust. This is the French method of preparing paste. The pastry is worked to mix the gluten with the water to make, first, a slightly tough dough to hold the butter; the lemon-juice afterward makes it tender. It should be kneaded about 5 minutes. You can always tell when it is kneaded enough, because it will then pull away from the hand and not stick. Roll it out about the size of a large dinner plate, lay the butter in it, fold the sides over, turn it over and roll into a strip 3 times as long as it is wide, square at the corners, and 1/4 inch thick. Fold one third over the middle and the other third over that, making 3 layers; roll again into a strip 3 times as long as it is wide. Fold a second time and roll out in the same way. Fold again and wrap in a cloth, place it in a pan and set it

where it will get very cold. This is called giving the pastry "one turn." When it is made by fine confectioners it usually has 6 "turns."

# PUFF PASTE WITH BEEF SUET.

Where you cannot obtain good butter for making paste, the following is an excellent substitute: skin and chop I pound kidney beef suet very fine, put in a mortar and pound it well, moistening with a little oil, until it becomes, as it were, one piece, and about the consistency of butter; proceed exactly as in the last, using it instead of butter.

## GOOD COMMON PASTE.

One coffeecup lard, 3 of sifted flour, and a little salt. In winter soften the lard a little (but not in summer), cut it well into the flour with a knife, then mix with cold water quickly into a moderately stiff dough, handling as little as possible. This makes 4 common-sized covered pies. Take a new slice of paste each time for top crust. After rolling spread with a teaspoon, butter, fold and roll again, using the trimmings, etc., for under crust.

#### GRAHAM PASTE.

Mix lightly ½ pound Graham flour, ½ pint sweet cream, ½ teaspoon salt; roll, and bake like other pastry.

# TO USE SUET.

Allow 3/4 pound beef suet for every pound of flour; in this case adding a little salt to the water you mix the flour with. First make the suet, divest it of all skin and blood spots, then with a sharp knife shred it in as fine slices as possible, then place it in some place where it will just feel the heat, nothing more (it must not be anything like melted). While this is softening mix the dough; when mixed roll out in a sheet, the same as for best pastry, lay on the suet to cover the dough, then fold and roll. (See instructions for puff pastry.) This paste will require a few more foldings and rollings than if made with butter. When it is rolled enough, proceed

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to cover the pie-dish as you would with other pastry; also for patties, mince pies, etc., use and work it off precisely as you would for puff pastry. If you were, after shredding the suet, to beat it soft with the rolling-pin on the board, you could roll out the paste with more ease, and it would not take more than 5 minutes.

A very fine butter, called "French butter," for making an extra short yet flaky pastry, is made as follows: Take ¾ pound beef suet, ¼ pound good butter, the yolks of 2 eggs, and ½ teaspoon salt; remove the skin and blood spots from the suet, place it in a mortar, pound it soft, then add the butter and salt, pound that well in, then add the eggs, work the whole into a smooth mass, then use it in the same quantity and in the same manner as for puff pastry.

## PIE CRUST.

Into I quart sifted flour, thoroughly mix 2 heaping teaspoons baking powder, and sift again. Weigh out ¾ pound good butter; take ½ of it and chop into the flour until it is very fine; then add enough cold water (ice water is the best) to make a stiff dough. Roll out into a thin sheet and baste with ⅓ the remaining butter, then roll it up closely into a long roll, flatten and re-roll, then baste again. Repeat this operation until the butter is gone; then make out your crust. Do it all as quickly as possible. The quantity of butter may be increased or decreased to suit the taste, following the other directions as stated.

### PIE CRUST GLAZE.

To prevent the juice soaking through into the crust and making it soggy, wet the crust with a beaten egg just before you put in the pie mixture. If the top of the pie is wet with the egg it gives it a beautiful brown.

### TART CRUST.

One cup lard, ½ teaspoon salt, the white of I egg, ¼ teaspoon cream of tartar, I tablespoon sugar, I-8 teaspoon saleratus, 3 tablespoons ice water; flour to roll; mix lard with I cup flour; add salt, sugar, and cream of tartar; beat egg; mix with water and saleratus,

all together; keep the dough cold; add flour to roll 1/4 inch thick. The above makes 18 tarts.

### ICING PASTRY.

When nearly baked enough, take the pastry out of the oven and sift finely-powdered sugar over it. Replace it in the oven, and hold over it a hot salamander or shovel till the sugar is melted. The above method is preferred for pasty to be eaten hot; for cold, beat up the whites of two eggs well, wash over the tops of the pies with a brush, and sift over this a good coating of sugar; to cause it to adhere to the egg and pie crust, trundle over it a clean brush, dipped in water, till the sugar is all moistened. Bake again for about 10 minutes.

# APRICOT PIE.

Pare, stone and halve the apricots; place them in a pie dish, piling them high in the center, strew over them a little sifted sugar, and a few of the kernels, blanched and chopped fine. Cover them with a good light crust and bake in a moderate oven.

# APPLE PIE.

Fill the pie crust with sour, juicy apples, pared and sliced thin, put on the upper crust and bake until the apples are soft, then remove the upper crust, adding sugar to taste, a small piece of butter, and a little grated nutmeg; stir this well through the apple and replace the crust.

### APPLE CUSTARD PIE.

Peel sour apples and stew until soft and not much water is left in them, then rub them through a colander, beat 3 eggs for each pie to be baked, and put in at the rate of 1 cup butter and 1 of sugar for 3 pies. Line the pie-tins with paste, put in the apples first, spread the beaten eggs, butter and sugar, flavored with nutmeg over it. Bake as pumpkin pie.

# APPLE OR PEACH MERINGUE PIE.

Stew the apples or peaches, and sweeten to taste. Mash smooth and season with nutmeg. Fill the crust and bake until just done.

Put on no top crust. Take the whites of 3 eggs for each pie and whip to a stiff froth, and sweeten with 3 tablespoons powdered sugar. Flavor with rose-water or vanilla. Beat until it will stand alone; then spread it on the pie  $\frac{1}{2}$  to 1 inch thick, and set it back into the oven until the meringue is well "set." Eat cold.

## DRIED APPLE PIE.

Very good pies may be made of evaporated apples, by stewing in a very little water; sweeten and make like any other. The home dried apples are best when stewed very soft, and mashed through a colander. When stewing put in 2 or 3 small pieces of lemon or orange peel (previously dried and saved for cooking purposes); flavor with a very little spice of any kind. Sweeten and season before putting in the pie-pan. A beaten egg may be stirred in. Bake with two crusts, rolled thin, and warm slightly before eating.

## STEWED APPLE PIE.

Stew the apples and mash them. Sweeten to taste. Stir in I teaspoon good butter while the apple is hot, and season as preferred. Do not put the apple into the crust till it becomes cool. Put strips of crust across the top. Sift powdered sugar over it.

### BOILED CIDER PIE.

A boiled cider pie may be a novelty to some one. Take 4 tablespoons boiled cider, 3 tablespoons each of sugar and water, 2 tablespoons flour, and I egg; beat all together. Bake in a deep plate and with upper and under crusts.

## BANANA PIE.

Slice raw bananas, add butter, sugar, allspice and vinegar, or boiled cider or diluted jelly. Bake with 2 crusts.

### BLACKBERRY PIE.

Line a pie-dish with good crust, and fill with ripe berries, sweetening plentifully. Cover with another crust and bake in a moderate oven. Eat cold with white sugar sifted over it.

# CRACKER, OR MOCK MINCE PIE.

Soak 10 crackers in 1½ cups boiling water, add 1 cup molasses, I cup sugar, 1 cup butter, 1 cup raisins, ¾ cup vinegar, ½ nutmeg, ½ teaspoon ground cloves, I teaspoon cinnamon. Bake with 2 crusts.

### CHOCOLATE PIE.

One coffeecup milk, 2 tablespoons grated chocolate, 3/4 cup sugar, yolks 3 eggs. Heat chocolate and milk together; add the sugar and yolks together, beaten to cream; flavor with vanilla; bake with under crust. Spread meringue of the whites over the top.

### COCOANUT PIE.

Open the eyes of a cocoanut with a pointed knife or gimlet, and pour out the milk into a cup; then break the shell and take out the meat and grate it fine. Take the same weight of sugar and the grated nut and stir together; beat 4 eggs, the whites and yolks separately, to a stiff foam; mix I cup cream and the milk of the cocoanut with the sugar and nut, then add the eggs and a few drops of orange or lemon extract. Line deep pie-tins with a nice crust, fill them with the custard, and bake carefully ½ hour.

# COCOANUT PIE, NO. 2.

To I pound grated cocoanut (an ordinary-sized cocoanut will make I pound), allow I pound white sugar, the whites of IO eggs, ½ pound butter, I teacup sweet cream. Melt the butter and add it to the sugar, and pour in the cream; beat it until light, and then add the cocoanut. Lastly, just before you are ready to bake the pies, add the whites of the eggs, which have been beaten until perfectly light. Fill the pans that have been lined with pastry. Put across the pies delicate strips of pastry and bake at once. This is far more delicate and delicious than when the egg yolks are used.

The cocoanut is so rich that the ¼ pound of butter is sufficient. This makes lovely looking pies, pleasing to the eye as well as the taste.

# GREEN CURRANT PIE.

Line a deep pie-dish with good pie-crust, sprinkle over the bottom 2 heaping tablespoons sugar and 2 of flour (or I of corn-starch) mixed; then pour in I pint green currants washed clean, and 2 tablespoons currant jelly; sprinkle with 4 heaping tablespoons sugar, and add 2 tablespoons cold water; cover and bake 15 or 20 minutes.

## RIPE CURRANT PIE.

One cup mashed ripe currants, I cup sugar, 2 tablespoons water, I of flour beaten with the yolks of 2 eggs; bake, frost the top with the beaten whites of the eggs and 2 tablespoons powdered sugar, and brown in oven.

### CHERRY PIE.

Line a pie-tin with rich crust; nearly fill with the carefully pitted fruit, sweeten to taste, and sprinkle evenly with I teaspoon cornstarch or I tablespoon flour, add I tablespoon butter cut into small bits and scattered over the top; wet edge of crust, put on upper crust, and press the edges closely together, taking care to provide holes in the center for the escape of the air. Pies from blackberries, raspberries, etc., are all made in the same way, regulating the quantity of the sugar by the tartness of the fruit.

### CREAM PIE.

Place I pint milk over water and let boil, then stir in I cup sugar, ½ cup flour, yolks of 2 eggs, well beaten together; flavor. Beat whites with 3 tablespoons sugar added and spread over. Brown lightly.

# CREAM PIE, NO. 2.

Three eggs, I cup sugar, I 1/4 cups flour, juice and grated rind of I lemon, 1/2 teaspoon soda dissolved in I tablespoon cold water, stirred in the last thing. Bake in round sheets.

Custard for Filling.—A little more than ½ pint milk, ½ cup flour, I cup sugar, 2 eggs. Boil, when cold, spread on the cakes and lay them together. This receipt makes 2 pies.

# CREAM PIE, NO. 3.

Pour I pint cream upon I½ cups powdered sugar; let it stand till the whites of 3 eggs have been beaten to a stiff froth; add this to the cream, and beat up thoroughly, grate a little nutmeg over the mixture and bake as custard pies.

# WHIPPED CREAM PIE.

Make a moderately rich pie-crust and perforate it to prevent blistering, and bake. Sweeten with powdered sugar, I pint very thick sweet cream made as cold as possible without freezing, and flavor it with any flavoring you like best; then whip it to a stiff froth, spread on the baked paste, and finish with a few bits of jelly laid lightly on the cream.

### CRUMB PIE.

Soak in a little warm water I teacup bread-crumbs ½ hour, add 3 tablespoons sugar, ½ tablespoon butter, ½ cup cold water, a little vinegar, and nutmeg to suit the taste; bake with 2 crusts, made the same as for other pies.

## CUSTARD PIE.

Line a deep plate with pie-crust, and fill with a custard made of I pint milk, 3 eggs, 3 tablespoons white sugar, and a pinch of salt; flavor with nutmeg; bake until firm in the center; this you can tell by inserting the handle of a teaspoon; do not let the oven get hot enough to boil it.

# CUSTARD PIE, NO. 2.

Line a deep plate with pie-crust made as preferred with butter or lard, or both. Build up the edge a little. To 3 well-beaten eggs, reserving the white of 1, add 4 tablespoons sugar, 1 of flour, and a pinch of salt, and milk to fill the crust, on which nutmeg should be grated. Bake in a moderately hot oven, trying it with a fork from time to time. When no longer "milky," remove from oven, and after it has cooled a little, cover with a meringue made by whipping the white of egg that was reserved with 1 teaspoon sugar and a bit of essence lemon. Brown lightly.

# JELLY CUSTARD.

To I cup of any sort of jelly, add I egg and beat well together with 3 teaspoons cream or milk. After mixing thoroughly, bake in a good crust.

# DELICATE PIE.

Line a soup plate with a rich paste, and spread with a layer of strawberry or raspberry preserves; over which sprinkle 2 table-spoons finely-chopped blanched almonds and ½ ounce candied lemon peel cut into shreds. Then mix the following ingredients: ½ pound white sugar, ¼ pound butter, melted, 4 yolks and 2 whites of eggs, and a few drops almond essence. Beat well together and pour the mixture into the soup plate over the preserves, etc. Bake in a moderately warm oven. When cold, sprinkle or sift a little powdered sugar over the top. A little cream eaten with it is a great addition.

### FRUIT PIE.

Take 9 lemons, squeeze out the juice, boil the rinds and pulp (remove seed) in 3 or 4 waters till bitterness is out and rinds quite tender; beat them to a pulp;  $2\frac{1}{2}$  pounds beef suet after it is picked from the skins, 2 pounds currants after they are picked and washed,  $1\frac{1}{2}$  pounds raisins after they are stoned, 2 ounces almonds, 2 pounds sugar,  $\frac{1}{2}$  pound citron, 1 glass brandy, and 1 of sweet wine; mix all these ingredients well together with the juice from the lemons, and as many sweetmeats as you please.

# GATEAU ST. HONORE.

Prepare a pie crust as for custard pie, put it on a greased pieplate and bake to a delicate brown. When done, and cool, spread a layer of quince marmalade over it. Prepare a mixture as for cream cakes, put it in a pastry-bag, and press part of it around the edge of a round cake-tin, press out the remainder in balls the size of hickory nuts, and bake; lay the border on the edge of the pie crust and press it into the marmalade; garnish the edge with the balls, and sections of oranges, candied cherries, grapes, etc.; fill the center with Bayarian cream.

# JELLY PIE.

One cup jelly, 2 cups sugar, 4 eggs, ½ cup butter; cream the butter and sugar; beat the yolks of eggs until very light, mix with sugar and butter; then the whites, last the jelly, and flavor with 2 teaspoons extract of orange; bake with under crust about ¾ hour.

### LEMON PIE.

Moisten I heaping tablespoon corn-starch with a little cold water, then add I cup boiling water; stir over the fire till it boils and cooks the corn-starch, say 2 or 3 minutes; add I teaspoon butter and I cup sugar; take off the fire, and when slightly cooled, add I egg well beaten and the juice and grated rind of I lemon. Bake with a crust. This makes I pie.

# LEMON PIE, NO. 2.

The juice and grated rind of I lemon, I cup white sugar, the yolks of 2 eggs, 3 tablespoons sifted flour, and sufficient milk or water to fill a plate. Make with undercrust, but not the uppercrust. Bake till nearly done and then add a frosting made of the beaten whites of 2 eggs, and 2 tablespoons powdered sugar, and set back in the oven and brown slightly.

## MOCK LEMON PIE.

One-half cup sugar, yolks of 2 eggs, ½ cup milk and ½ cup water; beat the eggs, add the rest, beat all together, and place in a crust, the same as for a custard pie. When done, beat the whites of the eggs to a stiff froth, add I tablespoon sugar, and I teaspoon extract of lemon, spread over the pie, return to the oven and brown. This makes a small pie.

### MINCE MEAT.

Mince pies are a luxury that many wise people abstain from on account of their indigestibility, yet from early habit, special or holiday occasions hardly seem complete without them; while in many families, on account partly of their convenience, they are the

standard pie for the entire winter. One essential is very finely-chopped, tender beef, in which there is no gristle. To each pound after it is chopped, take 2 pounds chopped apples, ½ pound leaf suet also chopped, I pound each of seeded and chopped raisins and currants, ½ pound citron sliced very thin, I pound brown sugar, the juice and grated rind of 2 lemons, ½ nutmeg, I teaspoon each of cinnamon and cloves, and enough boiled cider to make it spread easily. When these ingredients are well mixed, put the mass over the fire in a preserving kettle and cook it carefully until the apples are soft and the whole has a rich taste. If not found as sweet as liked add more sugar. Packed closely in jars after this cooking, it will keep all winter in a cool place, and it is but a few minutes' work to make up the pies as needed.

# MINCE MEAT, NO. 2.

One pint chopped meat, 2 pints chopped apples, I pint each of molasses and vinegar, 2 pints sugar, I tablespoon each of cinnamon, cloves and allspice, I cup chopped suet, or butter, a little salt, and a little brandy if liked. Add raisins when the pies are baked.

# MINCE MEAT, NO. 3.

One cup chopped meat, 3 cups chopped apples, I ½ cups each of raisins, currants and brown sugar, I cup molasses, I cup meat liquor, I teaspoon salt, 2 teaspoons cinnamon, ½ teaspoon each of mace and cloves, I lemon grated, ¼ cup sliced citron, ½ cup brandy, ½ cup wine, 3 teaspoons rose-water.

# MINCE MEAT, NO. 4.

Four pounds cold, boiled, lean beef, chopped fine, 10 pounds apples, chopped fine, 1½ pounds suet, chopped, 2 pounds currants, 4 pounds raisins, chopped fine, ½ pound citron, sliced fine, 4 pounds sugar, I quart the liquor the meat was boiled in, I pint boiled cider, 3 pints best New Orleans molasses, 3 teaspoons ground cloves, 10 of ground cinnamon, 3 of ground mace, 1 of white pepper, 6 tablespoons salt, 2 nutmegs, and the juice and grated rind of 3 lemons. Mix

well and add any kind of fruit syrup. This makes a large quantity, which, if prepared in cold weather, may be packed in jars and kept as long as desired. The addition of a few spoons sweet cream, when filling the baking-tins, will be found a great improvement to mince pies.

# MINCE MEAT, NO. 5.

Use 2 bowls chopped apples, I of chopped meat, ½ pound chopped suet, the grated rind and juice of I lemon, 2 teacups molasses, I large teaspoon each of cinnamon and cloves, I nutmeg grated fine, I pound stoned or seedless raisins, ½ pound currants, ½ pound citron cut fine, I quart cider, and sugar and salt to taste.

# MARLBOROUGH PIE.

Grate 6 apples, I cup sugar, 3 tablespoons melted butter, 4 eggs, juice and grated rind of I lemon, 2 tablespoons brandy or wine, if you choose, if not, omit it. Bake without top crust.

# ORANGE PIE.

Work I teacup powdered sugar and I tablespoon butter to a cream. Mix I tablespoon corn-starch with a little cold water, and add I teacup boiling water; let it cook long enough to thicken, stirring constantly; then pour the mixture onto the butter and sugar. Grate the peel from ½ an orange, and chop the other half fine, first removing all the inner white skin; add this to the former ingredients, also I beaten egg and the juice of I orange. Peel another orange, and slice it in little thin bits, being careful to remove all the seeds and the tough white skin. Line a pie-plate with nice paste and bake it until just done; then fill with the custard and orange slices, and bake long enough to cook the egg. A meringue made with the whites of 2 eggs, a pinch of salt, and 2 tablespoons powdered sugar, beaten to a stiff froth, will be an improvement. Spread it over the pie; sift powdered sugar on the top, and set it again in the oven until slightly colored.

# ORANGE PIE, NO. 2.

A good orange pie may be made by grating a part of the rind and squeezing the juice of an orange into a common custard, and bake as custard pie.

### PEACH PIE.

Peel, stone and slice the peaches; line a pie-plate with crust and lay in your fruit, sprinkling sugar liberally over them in proportion to their sweetness. Allow 3 peach kernels chopped fine to each pie; pour in a very little water and bake with an upper crust, or with cross-bars of paste across the top.

### CREAM PEACH PIE.

Pare ripe peaches and remove the stones; have your pie dishes ready lined with a good paste, fill with the peaches; stew these with sugar; lay the upper crust on lightly, slightly buttering the lower at the point of contact. When the pie is done, lift the cover and pour in a cream made thus: I small cup rich milk, heated, whites of 2 eggs, whipped and stirred into the milk, I tablespoon sugar, ½ teaspoon corn-starch wet up in milk; boil 3 minutes. The cream must be cold when it goes into the hot pie. Replace the crust, and set by to cool. Eat fresh.

### PINE-APPLE PIE.

A pine-apple, its weight in sugar, ½ its weight in butter, I cup cream, 5 eggs; beat the butter to a creamy froth, add the sugar and yolks of the eggs, continue beating till very light, add the cream, the pine-apple grated, and the whites of the eggs beaten to a stiff froth. Bake with an under crust. Eat cold.

#### POTATO PIE.

When fruits are scarce, an excellent pie can be made of our much-used vegetable, the potato. Press I pint mashed potato through a colander, add to it I pint milk, ½ teacup butter creamed with I coffeecup sugar, the well-beaten yolks of 3 eggs, I teaspoon nutmeg, a pinch each of salt and mace, and juice and grated rind of

I lemon. Mix well and bake with I crust like a custard pie. When done, beat the whites of the 3 eggs stiff, add 3 tablespoons sugar, and a little flavoring; return it to the oven and bake until it becomes a delicate brown.

### SWEET POTATO PIE.

Boil the potatoes till done, peel and strain through a colander; add milk till it is thin enough, and for every quart of the mixture add 3 well-beaten eggs, with sugar and seasoning to taste. Line the bottom of pie-plates with paste, fill with the mixture and bake.

# SWEET POTATO PIE, NO. 2.

A plate deeper than the common pie-plate is necessary; bake medium-sized potatoes, not quite done; yams are best. I ine the plate with good paste, slice the potatoes, place a layer upon the bottom of the plate, over this sprinkle thickly a layer of good brown sugar, over this place thin slices of butter and sprinkle with flour-seasoning with spices to taste. A heaped tablespoon butter and I heaped teaspoon flour will be sufficient for I pie. Put on another layer of potatoes, piled a little in the middle; mix together equal quantities lemon-juice and water, or vinegar and water and pour in enough to half fill the pie; sprinkle over the potato a little flour and place on the upper crust, pinching the edges carefully together. Cut a slit in the center and bake slowly I hour.

### PRUNE PIE.

First make a nice crust, line a pie-plate with crust, fill in with stewed and pitted prunes, I tablespoon vinegar, enough of the juice to just cover the prunes, a few bits of butter, a little flour, and sugar to taste; top crust.

A plum pie may be made in the same way.

### PUMPKIN PIE.

Select deep yellow pumpkin, fine grained, pare and cook slowly, put through colander, to scant 3 pints pumpkin add 8 eggs well

beaten, 2 quarts milk, I teaspoon mace, I teaspoon cinnamon, and the same of nutmeg, I½ cups light brown sugar, I scant teaspoon ginger and a little salt. Beat all well together, and bake same as custard pie till a golden brown.

# QUINCE PIE.

Pare, slice, and stew 6 quinces till soft, press them through a sieve, add to them I pint milk and 4 well-beaten eggs; sweeten to taste, and bake in a bottom crust 3/4 hour in a moderate oven.

### RAISIN PIE.

One lemon, juice and yellow rind, I cup raisins, I cup water, I cup rolled crackers; seed the raisins, and boil in water to soften them.

### CREAM RASPBERRY PIE.

Line a pie-dish with puff paste, and fill with raspberries, sweetened bountifully, cover with a paste crust, but do not pinch this down at the edges; also rub the edge of the lower crust with butter to prevent adhesion. Bake in a good oven; while it is cooking, heat a small cup rich milk, putting in a pinch of soda; stir into it ½ teaspoon corn-starch, wet in cold milk, I tablespoon white sugar, and cook 3 minutes. Take it off, and beat in the frothed white of 2 eggs; whip to a cream, and let it get cold. When the pie comes out of the oven, lift the top crust and pour in the mixture, replace the crust and set aside to cool; sift sugar upon the top before serving.

#### RICE PIE.

To I quart boiling water add I teacup rice and boil until very soft, remove it from the fire and add I quart cold milk, I teaspoon salt, 5 beaten eggs, sugar to taste and flavor with nutmeg; bake in deep plates with an undercrust.

## RHUBARB PIE.

Mix  $\frac{1}{2}$  teacup white sugar and I heaping teaspoon flour together, sprinkle over the bottom crust, then add the pie-plant cut up fine,

sprinkle over this another ½ teacup sugar and I heaping teaspoon flour; bake fully ¾ of an hour in a slow oven; or, stew the pie-plant, sweeten, add grated rind and juice of I lemon and yolks of 2 eggs, and bake and frost like lemon pie.

# SQUASH PIES.

Five pints stewed and strained squash, 2 quarts boiling milk, 1½ nutmegs, 4 teaspoons salt, 5 cups sugar, 9 eggs, 4 tablespoons rosewater; gradually pour the boiling milk on the squash and stir continually; add the nutmeg, rose-water and sugar. When cold, add the eggs, well beaten; butter deep plates and line with a plain paste; fill with the mixture, and bake in a moderate oven for 40 minutes.

# VINEGAR PIES.

One and one-half cups good vinegar, I cup water, lump butter size of an egg, sugar enough to sweeten to the taste; flavor with lemon; put in stewpan on stove; take 5 eggs, beat the yolks with I cup water and 2 heaping teaspoons flour; when the vinegar comes to a boil, put in the eggs and flour, stirring till well cooked; have ready crust for 4 pies, put in the filling and bake. Beat the whites with 2 teaspoons white sugar to a froth, spread on the pies when done, and color in the oven. These are excellent.

# TARTS.

Use the best of puff paste; roll it out a little thicker than the pie crust, and cut with a large biscuit-cutter twice as many as you intend to have of tarts; then cut out of half of them a small round in the center, which will leave a circular rim of crust; lift this up carefully and lay on the large pieces. Bake in pans, and fill with any kind of preserves, jam, or jelly.

# COCOANUT TARTS.

Dissolve ½ pound sugar in I pint water; add I pound grated cocoanut and boil. Let cool, add the well beaten yolks of 3 eggs and the white of I, beat all together and pour in tart-tins lined with puff paste.

## CHOCOLATE TARTLETS.

Four eggs; ½ cake Baker's chocolate, grated; I tablespoon cornstarch, dissolved in milk; I teacup milk; 4 tablespoons white sugar; 2 teaspoons vanilla; ½ teaspoon cinnamon, and a little salt; I heaping teaspoon melted butter; rub the chocolate smooth in the milk; heat over the fire and add the corn-starch wet in more milk; stir until thickened, and pour out; when cold, beat in the yolks and sugar with the flavoring; bake in open shells lining patty-pans; cover with a meringue made of the whites and a little powdered sugar, when they are nearly done, and let them color slightly. Eat cold.

### ORANGE TARTLETS.

Two fine Havana oranges, juice of both, and grated peel of 1; 3/4 cup sugar, 1/2 cup if the oranges are very sweet; I tablespoon butter; 1/2 lemon, juice only, to wet I teaspoon corn-starch. Beat all well together, and bake in tartlet shells without cover.

# BOMBES AU RIZ.

Take ½ pint rice, put in 3 pints boiling water, and salt. Let it boil 15 minutes. At the end of that time drain the rice, pour on milk enough to cover it; put it on the back part of the stove where it will not burn, and let it absorb the milk; put in enough milk to make the rice soft. While the milk is being absorbed add 4 tablespoons sweetening and I teaspoon flavoring. When the rice is thoroughly tender take it from the fire and add the yolks of 3 eggs. If the rice is not hot enough to thicken the eggs, put it back on the fire; stir constantly and let it remain just long enough to thicken, but don't let it burn. As soon as it thickens put it on a dish and rub with salad oil; then put it where it will get very cold. As soon as cold it is ready to use for rice croquets or bombes. Take a tablespoon of rice in your hand and flatten it; put a plum or any sweetmeat in the center, roll the rice round the sweetmeat, roll in cracker dust, dip in egg, then roll in the cracker dust again. Fry in smoking hot lard and serve hot or cold.

# PUDDINGS.

### GENERAL DIRECTIONS.

Flour—Should always be sifted just before you wish to use it.

Cream of Tartar, or Baking Powder—Should be thoroughly mixed with the flour.

Soda—Should always be dissolved in the milk.

Butter and Sugar for Cake—Should always be beaten to a cream.

Eggs.—Beat the yolks until you can take up a spoon full; whip the whites to a stiff froth and stir them into the cake with the flour the last thing before putting the cake into the tins.

To Boil a Pudding in a Bag—Dip the bag (which should be made of thick cotton or linen) in hot water, and rub the inside with flour before putting in the pudding; when done, dip the bag in cold water and the pudding will turn out easily. Always put a plate on the bottom of the kettle to keep the pudding from burning.

To Steam a Pudding—Put it into a tin pan or earthen dish, tie a cloth over the top and set it into a steamer, cover the steamer closely; allow a little longer time than you do for boiling.

### HINTS TO HOUSEKEEPERS.

All young housekeepers should learn as soon as possible how to prepare dishes for dessert which can be made on very short notice, that they may not be annoyed in the event of unexpected company to dinner. In summer, fruit answers every purpose, but at other seasons, and particularly if the first course is not very elaborate, she will need to have something more substantial. A delicious pudding can be made in a few minutes by taking I pint milk and stirring into it ½ cup cassava, ½ cup cocoanut, 2 eggs, a little butter, salt and sugar to taste; flavor with vanilla. Cook this as you would boiled custard. When cooked and put in the dish in which it is to be served, pour over the top the white of I egg beaten to a stiff froth, with I tablespoon pulverized sugar added. Set it in the oven for a short time to brown. This may be eaten warm or cold, with

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jelly or preserves or without. Another dish which is easily made and which is economical as well as palatable, is to take slices of cake which are a little dry and pour over them while hot some boiled custard, cover the dish quickly, and the hot custard will steam the cake sufficiently. Raisin cake steamed and served with some pudding sauce is good. Velvet cream, to be eaten with cake, is made in this way: Beat the whites of 4 eggs to a stiff froth; add 2 table-spoons sugar, 2 tablespoons currant jelly, 2 tablespoons raspberry jam; beat all well together; cream may be added or not as you choose. Oranges cut up with sugar and grated cocoanut sprinkled over them are also nice for cake.

# ALMOND PUDDING.

One pint shelled almonds, 2 dozen macaroons, the grated rind of I lemon, ½ cup sugar, ½ cup butter, the yolks of 6 eggs, I quart milk, I pint cream, I tablespoon rice flour. Blanch the almonds and pound them in a mortar. Put the milk in a double boiler, reserving ½ cup. Add the pounded almonds to it. Mix the rice flour with the ½ cup cold milk, and stir into the boiling milk. Cook 6 minutes and put away to cool. When about half cooled, add the sugar and butter, which should have been beaten together until light. When cold, add the yolks of the eggs, well beaten, the macaroons, which have been dried and rolled fine, and the cream. Butter a pudding dish that will hold a little more than 2 quarts; or, two small ones will do. Turn the mixture into this, and bake slowly 45 minutes. Serve cold.

# ALMOND PUDDING, NO. 2.

Blanch and pound, with a little water, 3 ounces sweet and 4 ounces bitter almonds; add I pint milk, 3 tablespoons sugar, a little grated nutmeg, I tablespoon flour mixed smoothly in a little cold milk, I tablespoon grated bread, 2 eggs well beaten, and the whites of 2 eggs whisked to a froth; pour the mixture into a buttered mold, cover, and boil quickly 3/4 of an hour; let it stand a few minutes before turning out of mold. Serve with vanilla sauce.

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### AMBER PUDDING.

One dozen large, tart apples, I cup sugar, the juice and rind of 2 lemons, 6 eggs, 4 tablespoons butter, enough puff or chopped paste to line a 3-pint pudding dish. Pare and quarter the apples. Pare the thin rind from the lemon, being careful not to cut into the white part. Put the butter, apple, and lemon rind and juice in a stew-pan with ½ cup water. Cover tightly, and simmer about ¾ hour. Rub through a sieve, add the sugar, and set away to cool. Line the dish with thin paste. Beat the yolks of the eggs and stir into the cooled mixture. Turn this into the lined dish. Bake slowly for ½ hour. Beat the whites to a stiff froth, and gradually beat into them 3 tablespoons powdered sugar. Cover the pudding with this. Return to the oven and cook 12 minutes with the doors open. Serve either hot or cold.

# ARROWROOT PUDDING.

One quart milk,  $3\frac{1}{2}$  tablespoons arrowroot, 4 eggs, 1 cup sugar, 1 teaspoon each of extract nutmeg and cinnamon. Boil the milk, add the arrowroot dissolved in a little water, and the sugar; let reboil; take from the fire; beat in the eggs, whipped a little, and the extracts; pour in a well-buttered earthenware dish, and bake in a quick oven  $\frac{1}{2}$  hour; a few minutes before taking from the oven, sift 2 tablespoons sugar over it, and set back to glaze. This pudding is generally eaten cold.

#### APPLE PUDDING.

In the first place select two deep earthen dishes, of the same size and shape, that will hold 2 or 3 quarts, according to the family; then fill one with nice apples, peeled and sliced thin; add I teacup cold water. Cover the apples with a tender crust, then turn the empty dish, after it has been well buttered, over the one in which you have the pudding, and place them both in a hot oven. It will require about ½ hour to bake. Let the pudding be just ready for the dessert, and do not remove the upper dish until the minute the pudding is to be eaten.

It is nice with sugar and butter, but with rich cream, sweetened, it is a very delicious dessert.

# APPLE PUDDING, NO. 2.

To make an apple pudding which is sure to receive praise from all who try it, peel, core, and quarter I dozen rich apples, stew them in a small stew-pan until tender, then work them through a fine sieve. To I cup sugar add I teaspoon ground cinnamon, the grated rind of I lemon, I egg, and  $\frac{1}{3}$  cup butter; beat well into the apples, pour into the paste, and bake slowly.

# BAKED APPLE PUDDING.

Fill a 3-quart earthen dish with pared and quartered apples; sprinkle on these I cup sugar, a little cinnamon, I tablespoon butter, and ½ cup water; cover, and bake 30 minutes. Roll a piece of paste into a strip about 2 inches wide, that will reach around the pudding dish. Roll the remainder to cover the dish. Take the pudding dish from the oven, slip the strip of paste between the apple and the dish, and put on the top crust; return to the oven and bake another hour. Serve with a cream sauce.

# DUTCH APPLE PUDDING.

One pint flour, I teaspoon cream of tartar, ½ teaspoon soda, ½ teaspoon salt, I egg, I cup milk, 2 tablespoons butter, 4 large apples. Mix the salt, soda and cream of tartar with the flour, and rub through the sieve; beat the egg light and add the milk; rub the butter into the flour; pour the milk and egg on this, and mix quickly and thoroughly; spread the dough, about ½ inch deep, on a buttered pan; have the apples pared, cored, and cut into eighths; stick these pieces in rows into the dough; sprinkle with 2 tablespoons sugar; bake in a quick oven about 25 minutes. This pudding is to be eaten with sugar and cream or a simple sauce.

### APPLE FLOAT.

To 1 quart apples partially stewed and well mashed, put the whites of 3 eggs well beaten, and 4 heaping tablespoons loaf sugar; beat them together 15 minutes, and eat with rich milk and nutmeg.

### STEWED APPLES.

Eight apples about of a size, peel and take out the core, put in a preserving pan; do not lay them one above the other; put in ½ pound loaf sugar, and as much water as will nearly cover the apples; stew them till soft, take out with a spoon, being careful not to break them. Boil the syrup till you have only a little, strain, and pour it round the apples. Fill the apples with bright jelly.

## APPLE AND TAPIOCA PUDDING.

Peel and core enough nice firm apples to fill, without crowding, a pudding dish; pour over them I teacup cold water, cover closely and steam in the oven until tender; have ready I cup tapioca which should have been soaked for several hours in enough water to cover it; drain the water from the apples, fill the empty centers with sugar, stick a clove in each, and pour the tapioca over and between them; bake I hour. Eat either with cream and sugar or with a sauce made by rubbing to a cream 2 tablespoons butter with I cup powdered sugar. Flavor with a little lemon juice.

# APPLE JONATHAN.

Fill a pudding dish with apples pared and sliced, and pour over the dish a batter made of buttermilk brought to a foam with soda and thickened with flour, so it will just spread with a spoon. When the apples are tender and dinner is served, turn upside down on a platter; beat the soft apples smoothly on the crust, add a lump of butter, nutmeg or cinnamon, as one prefers. Serve hot, with plenty of sweet cream or milk.

### AMBROSIA.

Eight fine oranges, peeled and sliced, ½ grated cocoanut, ½ cup powdered sugar; arrange slices of orange in a glass dish, scatter grated cocoanut thickly over them, sprinkle this lightly with sugar, and cover with another layer of orange. Fill the dish in this order, having a double quantity of cocoanut and sugar at top. Serve soon after it is prepared.

# ASPARAGUS PUDDING.

Boil the tops of 2 bundles asparagus until tender, cut in small pieces; put I ounce butter in a lard-pan on the stove, add 4 eggs well beaten, pepper and salt, and I cup milk, stir and beat all together, adding flour to thicken, cook, add the asparagus, turn into a buttered pan, and bake 2 hours in a very slow oven. Serve with drawn butter.

## APPLE DUMPLINGS.

Make a nice short dough, as for baking-powder biscuit; roll out in small round pieces as for pie crust, but a little thicker, and lay upon each piece ½ dozen slices of apples, or halve the apples and dig out the cores, and lay a half on each piece of dough and fill the hollow with sugar, then place the other half onto the first and fold over the crust, pinching the edges tightly together to retain the juice; put them into a steamer, cover tightly and steam for I hour, or they may be placed on buttered tins and baked, or dropped into boiling water and boiled. To be eaten with cream and sugar or pudding sauce.

#### APPLES WITH RICE.

Peel and with a scoop take out the cores of as many apples as are required for your party, put them in a baking-dish with a little lemon peel, and a syrup of sugar and water; cover with a baking-sheet or plate, and let the apples bake very slowly until done, but they must not be the least broken; place the apples on a dish, fill up the center of each with boiled rice, place a dried cherry on the top, or a little preserve of any kind will do; put boiled rice also around the apples and pour over it the syrup in which they were cooked.

## APPLE CHARLOTTE.

Butter your pudding-dish, line it with bread buttered on both sides, put a thick layer of apples, cut in thin slices, sugar, a little cinnamon and butter on top, then another layer of bread, apples, sugar, cinnamon and butter last. Bake slowly 1½ hours, keeping the pan covered until ½ hour before serving; let the apples brown on top.

## BANANA PUDDING.

Cut sponge cake in slices, and put in a glass dish alternately a layer of cake and a layer of bananas sliced; make a soft custard with the yolks of 2 eggs, flavor with a little wine, and pour over it; beat the whites of the eggs to a stiff froth and heap over the whole.

### BANANA AND APPLE TART.

Make crust of fine flour and fresh butter; make little crust, but make it good; slice apples fine and put in dish with 3 or 4 bananas sliced, only adding sugar and perhaps a little syrup, if you have got it; cover crust over fruit, brush a little melted butter over top, strew white sugar on and bake 20 minutes or more, as required.

## BREAD AND FRUIT PUDDING.

Soak I cup stale bread crumbs in I pint rich milk, add I tablespoon butter, I cup sugar, I saltspoon salt, and spice to taste; then add 3 eggs well beaten, 2 cups fruit, either chopped apples, raisins, currants, canned peaches, apricots, or a mixture of 2 or more varieties. When using canned fruit, drain it from the syrup, and use the latter in making a sauce. Vary the sugar according to the fruit. Turn into a buttered pudding mold and steam 2 hours.

When using stale bread for puddings always soak it in a cold liquid. Bread that has been soaked in cold milk or water is light and crumbly, whereas that soaked in hot liquid is heavy.

# BREAD PUDDING, NO. 2.

Soak I pint crumbs in milk I hour, then squeeze with the hand to a pulp, mix well with I gill milk, then add 3 tablespoons sugar, 1/4 pound raisins, 1/4 pound melted butter, yolks of 4 eggs, then beat the whites to a froth and stir in with the rest; bake about 40 minutes. Serve with wine sauce, hot or cold, to suit taste.

## BLACK PUDDING.

One cup sour milk, piece of butter the size of an egg, I cup molasses, I cup raisins, I teaspoon soda, cinnamon, cloves and all-

spice to taste, flour for stiff batter; steam I hour or till done and serve with a sauce.

### BROWN PUDDING.

Scald 2 teacups bread crumbs in I teacup milk, mix in 2 cups chopped apples, I of sugar, I spoon melted butter, and a little cinnamon and nutmeg. Bake very quickly and serve with rich sauce.

# BIRD'S NEST PUDDING.

Pare and core without quartering enough quick-cooking tart apples to fill a pudding-pan, make a custard of I quart milk and the yolks of 6 eggs, sweeten, spice, pour over apples, and bake; when done, use the whites of eggs beaten stiff with 6 tablespoons white sugar; spread on the custard, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding custard.

# BIRD'S NEST PUDDING, NO. 2.

Make the foundation of nest of blanc mange or corn-starch, grate the rinds of 3 lemons, and arrange around the blanc mange to represent straw, extract the contents of 4 eggs through a small hole and fill the egg-shells with hot blanc mange or corn-starch; when cold break off the shells and lay the molded eggs in nest. Serve with jam or preserves.

#### BOILED PUDDING.

To I quart. flour, 4 eggs, I cup lard or butter, I teaspoon soda, 2 teaspoons cream of tartar, add milk enough to make a stiff batter. Then stir in 2 cups seedless raisins or dried cherries.

### BROWN BETTY.

Grate nice tart apples, and a small loaf stale bread; put into a pudding-dish a layer of apple, sprinkle with sugar and a little nutmeg, put some little bits of butter over it; then proceed the same with a layer of the bread crumbs, and so on till the dish is filled;

have bread crumbs for the top layer. Cover the pudding-dish till nearly done, then uncover till nicely browned, and serve with sweetened cream or any pudding sauce.

# PEACH BETTY.

Remove the skins of the peaches; put them whole, with layers of bread crumbs and sugar, in a baking-tin, brown the top and serve with a sweet or sharp hot butter sauce.

### OATMEAL BROWN BETTY.

In most families, where oatmeal, cerealine or cracked wheat is customarily cooked for breakfast, there is usually a little left, from 2 or 3 spoons, perhaps, to a pint. This will make a nice dessert in many different ways. One of the simplest is oatmeal brown betty, for which you need only arrange in a pudding-dish alternately layers of apples, cut as for pie, with the cold oatmeal. Sprinkle a little sugar and spice over each layer of apples, put oatmeal last, smooth it over with a knife, and dot it with a few bits of butter. Let it brown nicely, and eat hot with a liquid sauce or sugar and cream.

### BABA.

An extremely delicate and simple addition to the dessert is Baba, a Turkish invention. Rub I pound butter into I pound flour, strew into it I pound seedless raisins, 4 ounces finely sifted sugar, ½ teaspoon salt. Make a hollow in the center and put in it I tablespoon yeast, 8 eggs beaten to a foam; boil I dram saffron in ¼ pint water, strain it, add to the liquor a large glass sherry or whatever wine is preferred, then stir all in the paste; beat it for ½ hour, cover, and leave it for 6 hours; then beat it again for ¼ hour, fill a buttered mold, and bake immediately for ½ hour. When thoroughly done, turn out of the mold.

### CREAM BATTER PUDDING.

Take I cup sour cream and rub with I cup flour until smooth; then pour in I cup milk, 3 eggs, the yolks and whites beaten separately, a little salt and  $\frac{2}{3}$  teaspoon soda; bake in quick oven. To be eaten with cream and sugar.

### CUSTARD BREAD PUDDING.

Two cups fine dry crumbs, I quart milk, 5 eggs, beaten light, I tablespoon corn-starch, I teaspoon salt, and ½ teaspoon soda, dissolved in milk, flavor to taste. Soak the crumbs in the milk, and heat in the custard-kettle to a boil; add the corn-starch wet with cold milk, cook I minute, turn out and beat hard: when smooth and almost cold, whip in the yolks, the flavoring, lastly, the whites. Boil in a buttered mold I½ hours. Eat hot with sweet sauce. It is excellent.

## CABINET PUDDING.

Butter the mold or basin in which the pudding is to be boiled, and strew over the bottom of it I ounce candied peel, cut in small pieces, and I cup large, fine raisins; on these place a layer of sponge cake, cut in thin slices; put a few drops of melted butter on each piece of cake, and scatter a layer of English currants over the whole; then add another layer of sponge cake and more currants; proceed in this way until the dish is nearly full. Now flavor I pint milk with some grated lemon peel; add 4 eggs well beaten, and 3 tablespoons sugar. Beat the mixture thoroughly; then strain it into the mold, which should be quite full. Let the pudding stand for 2 hours; then tie a cloth over the top, or cover closely, set in boiling water, and let boil for I hour. Let stand a few minutes after taking it up before removing the cover; then turn quickly out of the mold or basin. Serve with "fruit sauce" or "wine sauce." This pudding is delicious when iced.

# FROZEN CABINET PUDDING.

One dozen macaroons, 1½ dozen sponge fingers, 1 dozen cocoanut cakes, 1 cup English currants, 1 quart custard. Wet a melon mold in cold water. Sprinkle the sides and bottom with currants. Arrange layers of the mixed cakes, which sprinkle with currants. Continue this until all the cake and currants are used. Put 1½

pints milk in the double boiler. Beat together 4 eggs and 2 table-spoons sugar. When the milk is hot stir in ½ package gelatine, which has been soaking I hour in ½ cup milk. Add the beaten egg and sugar, and cook 4 minutes, stirring all the while. Take off and add ¼ teaspoon salt and I teaspoon vanilla, or 2 table-spoons wine. Pour this, a few spoons at a time, on the cake. Set away to cool. When cold, cover with thick white paper, and put on the tin cover. Pack the mold in salt and ice for 4 or 6 hours. At serving time, wipe the mold free of salt and ice, and dip for a moment in warm water. Take off the cover and paper and turn out. Serve with quince sauce.

## CASSAVA PUDDING.

One pint milk, ½ cup cassava, 2 eggs, ½ cup cocoanut, a little salt, a lump of butter the size of a walnut, sugar and vanilla to your taste. Put together, omitting the whites of the eggs, cook in a basin on top of the stove, or in a frying pan, stirring it constantly; a few moments only are requisite; the cassava does not need to be soaked like other preparations of tapioca. Beat the whites of the eggs to a stiff froth, add I small spoon pulverized sugar, put over the top of the pudding, and brown slightly in the oven.

### CEREALINE PUDDING.

Two cups cerealine, I cup sugar, 4 eggs, ½ cup flour, ¾ cup butter, I teaspoon baking powder, I glass brandy. Rub the butter and sugar to a smooth paste or cream. Add the eggs, 2 at a time, and beat 2 minutes between each addition of eggs. Add the flour, cerealine, baking powder and brandy. Mix well together, and put the whole into a well-buttered mold. Set in a sauce-pan with boiling water enough to reach half way up the sides of the mold. Steam in the oven I½ hours, and turn out on a dish carefully, and serve with sauce. Flavor with lemon.

# CRACKER PUDDING.

Four crackers pounded and sifted, small piece of butter, 1½ pints milk, scalded and poured on the cracker and butter, 4 eggs, sugar to sweeten, nutmeg.

# CHOCOLATE PUDDING.

One quart milk, 3 ounces grated chocolate; scald the milk and chocolate together; when cool, add the yolks of 5 eggs and I cup sugar; bake about 25 minutes; beat the whites from the top; brown in the oven; eat cold.

# CHOCOLATE PUDDING, NO. 2-Eggless.

Heat I quart milk to near boiling point. Thicken with dissolved corn-starch, and sweeten. Stir in ½ cup grated chocolate. Flavor with vanilla and serve with cream when cold.

## CHOCOLATE MERINGUE PUDDING.

Boil I pint rich milk, add ½ cup butter, I cup sugar and 3 ounces grated chocolate; let it boil, and when cool add the whites of 4 eggs; pour this in a pudding-dish lined with slices of sponge cake and bake; cover with meringue and let it brown. Eat with lemon sauce.

### CHARLOTTE PUDDING.

Remove the crust from a loaf of bread, dip in milk, and spread the slices with butter. Pare and cut apples very thin. Lay the bread in a buttered dish, spread over the apples, sweeten and flavor with the juice and grated rind of I lemon. Bake till the apples are tender. This may be prepared in the same way with pie-plant.

# COTTAGE PUDDING.

One cup milk, 2 of flour, 3 teaspoons baking powder, 2 table-spoons melted butter, I egg, I cup sugar; steam 3/4 or bake I hour; serve with sauce.

### COTTAGE FRUIT PUDDING.

Put in a deep baking dish a layer of fresh berries; mix I cup sugar, I tablespoon butter, I egg, I cup milk, 3 cups flour, and 2 teaspoons baking powder. Pour over the berries and bake until brown, remove from the oven, turn the top side down, and serve with sauce.

# COCOANUT PUDDING.

One quart milk, 10 tablespoons grated cocoanut, 1 cup powdered sugar and whites of 10 eggs; bake 1 hour, evenly and slowly; to be served cold, with sugar and cream.

# COCOANUT PUDDING, NO. 2.

Soak sufficient stale bread to make a pudding, the size you require. After it is well soaked take a fork and see that no lumps of bread remain; then add ½ cup grated cocoanut; make a custard of I quart milk and 4 eggs, flavor with nutmeg, sweeten with white sugar; pour over and bake immediately.

## COCOANUT CREAM PUDDING.

Three tablespoons tapioca soaked over night, I quart boiling milk, I small cup sugar and the yolks of 4 eggs. Boil IO minutes; add 3 tablespoons cocoanut and boil 5 minutes longer. Beat the whites to a stiff froth, stir in a little sugar and spread on top. Sprinkle with cocoanut and brown. Serve cold.

# COCOANUT AND RICE PUDDING.

One-half cup rice in 3 pints milk; set in a tin pail in a kettle of water; let it simmer till the rice is cooked very soft; set it by to cool. Beat 5 eggs, leaving out 2 whites, I coffecup sugar and I grated cocoanut; stir in the rice and milk when cold, and set it in the oven to bake; take out as soon as the custard forms; do not wait for it to set, or it will whey. Make a meringue of the 2 whites of eggs and 6 tablespoons pulverized sugar beaten to a stiff froth; pile up on the top and return to the oven for 2 minutes. Very nice hot or cold.

# CREAM PUDDING.

One quart milk, I cup hot boiled rice, well cooked but not broken, I cup sugar, I heaping tablespoon corn-starch, 5 eggs, ½ teaspoon cinnamon and the same of grated lemon peel. Heat the milk, stir in the corn-starch wet up with cold milk, then the beaten yolks and sugar. Add to these the heaping cup boiled rice. Stir

until it begins to thicken, add the seasoning, and pour into a buttered bake-dish. Bake until well "set;" spread with a meringue of the whites and a little sugar, made very stiff. When this has colored lightly, take from the oven. Make on Saturday, and set on ice until Sunday. The colder it is the better.

# CORN-STARCH PUDDING.

One and one-half quarts milk, put on the stove to boil; while heating, stir together 4 heaping tablespoons corn-starch, yolk of I egg, ½ cup sugar, salt, I teaspoon extract lemon, cold milk enough to mix this batter together; then stir it into the boiling milk and pour into the pudding-dish; beat the white of I egg, add I tablespoon sugar, frost the top and set in the oven to brown. Serve with a sauce of cream and sugar.

# CORN-STARCH PUDDING, NO. 2.

One pint milk, whites of 3 eggs, 2 tablespoons corn-starch, and a little salt. Put the milk in a pail set in a kettle of hot water, and when it reaches the boiling point add the starch dissolved in a little cold milk, let it cool a very little and add the whites of the eggs whipped to a stiff froth, beat well and fill cups about half full. Set in a cool place.

For sauce make a boiled custard: Bring to the boiling point I pint milk; add 3 tablespoons sugar, then the beaten yolks thinned by adding I tablespoon milk, stirring all the time until it thickens; flavor with 2 teaspoons lemon or vanilla; set to cool. In serving put one of the molds in a saucer and pour over it some of the custard.

# CHERRY PUDDING.

One cup cream, I cup milk, I egg, I teaspoon soda, I cup pitted cherries, and flour to make batter, add the fruit last. Bake in a buttered dish, and serve with sugar and cream.

# CHERRY PUDDING, NO. 2.

Take 2 eggs, I cup milk and enough flour to make a stiff batter, add as many cherries as can be stirred in; steam it 2 hours and

serve with sauce. Peach dumplings or peach pudding may be made from the above recipes by substituting peaches for the cherries.

### CUP PUDDING.

Mix carefully I cup each of flour, ground rice, finely chopped suet, milk and raisins, with I tablespoon soda, the same of ground ginger (if liked), and I tablespoon vinegar; boil 4 hours and serve with sweet sauce; but it is very good without.

### CURRANT PUDDING.

One pound ripe currants, pinch of salt, 10 tablespoons sugar, 1 cup flour, 4 eggs, 1 tablespoon soda, and 1 tablespoon butter. Boil and eat with foaming sauce.

# CROQUETTES OF RICE.

Put ½ pound rice, I pint milk, 3 tablespoons finely sifted sugar, a piece of butter the size of a small nut, and the thin rind of a lemon, into a sauce-pan. Any other flavoring may be used if preferred. Simmer gently until the rice is tender and the milk absorbed. It must be boiled until thick and dry, or it will be difficult to mold into croquettes. Beat it thoroughly for 3 or 4



minutes, then turn it out, and when it is cold and still, form it into small balls; dip these in egg, sprinkle a few bread crumbs over them and fry them in clarified fat till they are lightly and equally browned. Put them on a

piece of clean blotting paper, to drain the fat from them, and serve them piled high on the dish. If it can be done without breaking them, it is an improvement to introduce a little jam into the middle of each one, or jam may be served with them. Time, about I hour to boil the rice, IO minutes to fry the croquettes.

### DANISH PUDDING.

Tapioca I cup, 3 pints water, ½ teaspoon salt, ½ cup sugar, I tumbler any high colored jelly. Wash the tapioca in the evening and soak over night in the water; in the morning put into a double boiler and cook I hour, stirring occasionally; then add salt, sugar, and jelly, and mix thoroughly; then turn into a mold or serving-cups which have been dipped into cold water, and put in a cool place to "set" for dinner or tea; serve with cream and sugar.

# DELMONICO PUDDING.

Let I quart milk come to a boil, flavor with lemon; when cold, beat yolks of 5 eggs with 5 tablespoons white sugar, blend 2 tablespoons corn-starch with cold milk, and mix with the eggs and sugar; pour all into the milk; thicken on the fire, stirring all the time, turn into a dish and bake 20 minutes. When cold, cover with a meringue.

# DATE PUDDING.

One cup molasses, I of chopped suet, I of milk, 3½ of flour, 2 eggs, I teaspoon soda, I of cinnamon, ½ teaspoon nutmeg, I pint dates; mix together the molasses, suet, spice, and the dates, cut fine; dissolve the soda with I tablespoon hot water, and mix with the milk; add to the other ingredients; beat the eggs light, and stir into the mixture; add the flour and beat thoroughly; butter 2 small or I large brown-bread mold; turn the mixture into the mold or molds, and steam 5 hours; serve with creamy or wine sauce.

### DOWN-EAST PUDDING.

One pint molasses, I quart flour, I tablespoon salt, I teaspoon soda, 3 pints blackberries; boil 3 hours and serve with sauce made in the following manner: One cup powdered sugar, ½ cup butter, I egg, 2 teaspoons boiling water, I of brandy; beat the butter to a cream, and add, very gradually, the sugar and brandy; beat in the yolk of the egg, and when perfectly creamy add the white, which has been beaten to a froth; then add the water and stir very carefully.

# DYSPEPTIC PUDDING.

One pint Graham flour, a pinch of salt. I quart apple sauce, thinned with boiling water; boil together 10 minutes; serve with cream or milk and sugar.

#### EGLANTINE PUDDING.

Cut thin slices of light white bread, and line a pudding-shape with them, putting in alternate layers of the bread and orange marmalade or any other preserve, till the mold is nearly full; pour over all I pint warm milk, in which 4 well-beaten eggs have been mixed; cover the mold with a cloth, and boil for 1½ hours.

### EGG PUDDING.

Half pound bread crumbs, ½ pound raisins, I pound chopped apples, 4 eggs, I cup sugar, piece of butter the size of an egg, spice; boil in a mold; serve with hard sauce.

# ENGLISH PUDDING-Eggless.

One cup molasses,  $\frac{1}{2}$  cup butter, I cup milk, I teaspoon soda, I teaspoon mixed spices, I cup chopped raisins,  $3\frac{1}{2}$  cups flour; steam 2 or 3 hours.

# EVE'S PUDDING.

Take 6 ounces each of flour, fresh butter, and sugar; beat the butter to a cream, and beat the sugar and flour into it; separate the yolks from the whites of 4 eggs, beat them until light, add the yolks first, then the whites, to the batter, and lastly ½ dozen almonds, blanched and pounded, and the grated rind of 1 lemon; beat well, and fill small cups to about half; then set before the fire to rise. In 5 minutes put them into the oven and bake for ½ hour.

# FIG PUDDING.

One pound figs, chopped fine, I pint grated bread crumbs, I cup finely-chopped suet, ½ cup sugar, I cup milk, 3 eggs, I large tea-

spoon cinnamon, I large teaspoon nutmeg, I glass wine, if desired; dip a pudding-cloth in boiling water and dredge it with flour, tie it up tightly, leaving a little room for it to swell. Steam 3 hours.

# FIG PUDDING, NO. 2.

Two cups fresh figs, chopped fine, I cup bread or cracker crumbs, moistened with hot water, ½ cup sugar, 2 beaten eggs, I cup milk, 2 spoons melted butter. Bake 20 minutes.

# FARINA PUDDING.

One quart boiling milk, I cup farina, yolk I egg, and 2 whites, beaten separately, ½ cup sugar. Stir the farina and sugar into the boiling milk, cool below the scalding point, then stir in the eggs. Serve cool with jelly or fruit syrup.

### FOUR FRUIT PUDDING.

Butter thin slices of baker's bread on both sides; stew together raspberries, blueberries, blackberries, and currants, and sweeten to taste. Fill the pudding dish with a layer of bread and a layer of fruit, alternately, and cover the top with a frosting of whites of eggs beaten with sugar; set it in the oven long enough to brown the frosting delicately. This is best prepared the day before it is to be eaten. It is to be served with cream if convenient.

### FRUIT PUDDING.

Take I cup each of milk, suet (minced), raisins, currants, and molasses; stiffen with bread crumbs and a little flour, having added 3 teaspoons baking powder to the flour and crumbs; boil or steam till done. This pudding is equally as good the second day as the first.

# FRUIT PUDDING, NO. 2.

To make this pudding take I cup each of sugar, milk and chopped raisins or currants, I egg, I large spoon butter, 2 cups flour and I½ teaspoons baking powder. Mix quickly together, put in a

greased pan and bake or steam as preferred. Use with a hot sauce or butter and sugar rubbed together.

# DRIED FRUIT PUDDING WITH RICE.

Four cups cold boiled rice, 2 cups sugar, 2 cups dried apricots, plums, pears or peaches, I cup boiling water. Arrange in several alternate layers in a deep pudding-dish, sprinkling each layer of fruit with sugar, pour the water over the top, and bake 30 minutes, covered closely. Serve with cream or milk.

# FLORENTINE PUDDING.

Put I quart milk into your pan, let it come to a boil, mix smoothly 3 tablespoons corn-starch and a little cold milk; add the yolks of 3 eggs beaten, ½ cup sugar, flavor with vanilla, lemon, or anything your fancy suggests; stir into the scalding milk, continue stirring till of the consistency of starch, ready for use, then put into the pan or dish you wish to serve it in; beat the whites of the eggs with I cup pulverized sugar, and spread over the top; place in the oven a few minutes, till the frosting is a pretty brown. Can be eaten with cream, or is good enough without. For a change, you can bake in cups.

#### GELATINE PUDDING.

One ounce gelatine, I pint cold milk; set on range, and let come slowly to a boil, stirring occasionally; separate the yolks and whites of 6 fresh eggs; beat the yolks well and stir slowly into the hot milk; add ½ pound granulated sugar; when quite cold, stir in I quart whipped cream; flavor with vanilla and lemon extract mixed; have the whites of the eggs beaten very stiff, and stir in the last thing; pack on ice.

### GINGER PUDDING.

One egg, I cup molasses, ½ cup butter, ½ cup fruit, ½ cup hot water, I tablespoon ginger, I teaspoon soda; stir stiff and steam I hour.

Sauce for Ginger Pudding-One egg, I cup sugar, 1/2 cup butter,

I tablespoon flour, I ½ tablespoons extract lemon. Pour boiling water in and make like thin starch.

### GRAHAM PUDDING.

One-half cup molasses, ¼ cup butter, ½ cup sour milk, 1½ cups Graham flour, 1 egg, 1 teaspoon soda, 1 cup raisins, and spices. Steam 3 hours.

Sauce for same—Large teaspoon butter, ½ cup sugar, I table-spoon corn-starch, ½ pint boiling water; flavor with vanilla.

### GREEN CORN PUDDING.

A most delicious accompaniment to a meat course. Take I quart milk, 5 eggs, 2 tablespoons melted butter, I tablespoon white sugar, and I2 large ears green corn; grate the corn from the cob; beat the whites and the yolks of the eggs separately; put the corn and yolks together, stir hard and add the butter, then the milk gradually, beating all the while, next the sugar, and a little salt, lastly the whites. Bake slowly at first, covering the dish for an hour; remove the cover and brown nicely. Serve with sugar and butter.

## GERMAN PUFFS.

The yolks of 6 eggs, 5 tablespoons flour, I of melted butter, I pint milk, ½ teaspoon salt; beat the yolks of the eggs light, add the milk to them, and pour part of this mixture on the flour; beat light and smooth; then add the remainder of the eggs and milk, and the salt and butter; butter muffin-pans, and half fill them with the batter; the quantities given will make 12 puffs; bake 20 minutes in a quick oven; serve on a hot platter with the sauce poured over them.

Sauce—The whites of the 6 eggs, I cup powdered sugar, the juice of 2 oranges or of I lemon. After beating the whites to a stiff froth, gradually beat in the sugar, and then the juice of the fruit.

# HEN'S NEST.

Make blanc mange, pour in egg shells and set to cool; when cold, break the egg shells, place in glass dish, cut strips of lemon peel and let boil in syrup of sugar and water till tender, and sprinkle on the egg shapes, and make custard and pour over the nest.

#### HUCKLEBERRY PUDDING.

One cup sugar, ½ cup butter, 2 cups milk, 2 eggs, 2 cups berries, I teaspoon soda, 2 of cream of tartar, salt; mix stiff as ginger-bread; boil 2 hours in a tin pail; serve with sauce.

# HUCKLEBERRY ROLY-POLY.

Four cups flour, 2 cups milk, 2 tablespoons mixed lard and butter, I teaspoon soda, 2 teaspoons cream of tartar, I saltspoon salt, 4 cups huckleberries. Sift the salt and cream of tartar with the flour, rub in the shortening and wet with the milk; roll out into a sheet longer than broad and ¼ inch thick; spread thickly with the fruit, sweetening it well with white sugar; roll up the dough with the berries inside, as you would a sheet of paper, pinching the ends together that the juice may not run out; baste it up in a pudding cloth that has been wrung out in hot water and well floured; bake I ½ hours; eat with hard sauce.

### HONEY PUDDING.

Beat ½ pound honey with 6 ozs. butter, to a cream, and stir in I cup bread-crumbs; beat the yolks of 8 eggs, then beat all together 10 minutes; pour in suitable dish to set in water and boil, or steam, 1½ hours. Make a sauce with arrowroot or corn-starch, and flavor with extract of orange.

### HOMINY PUDDING.

One cup boiled hominy, 1½ pints milk, 3 eggs, 1 tablespoon butter, 1 cup sugar. Pour into buttered pudding-dish, and bake 20 minutes.

#### INCOMPARABLE PUDDING.

This is a favorite on Queen Victoria's table. Beat ½ pound butter to a cream, stir in the yolks of 6 eggs, 6 ounces sifted sugar, ½ pound Sultana raisins, the juice and grated rind of 2 lemons; add the whites of the eggs beaten to a foam. Line a buttered mold with slices of citron, blanched almonds, candied orange and limes or other fruit, angelica, vanilla and rose drops, and pour in the mixture; cover with oiled paper and bake. Serve with a sauce made of butter, lemon and sugar.

# INDIAN PUDDING.

Three cups corn-meal mush, 2 tablespoons white flour, 5 beaten eggs, ½ cup melted butter, 1 cup molasses, ½ cup milk, juice and rind of 1 lemon. Stir smoothly together and bake ½ hour.

# BOILED INDIAN PUDDING.

One and one-half cups sour milk, 2 eggs well beaten, I small teaspoon soda dissolved in a little hot water, then stir in corn-meal till you have a batter a little thicker than for griddle cakes; fruit may be added. Put in a bag and boil I hour. Make a sauce of cream, sugar, and nutmeg.

#### DELICATE INDIAN PUDDING.

One quart milk, 2 heaping tablespoons Indian meal, 4 of sugar, I of butter, 3 eggs, I tablespoon salt; boil the milk in a double boiler, sprinkle the meal into it, stirring all the while; cook 12 minutes, stirring often; beat together the eggs, salt, sugar, and ½ teaspoon ginger; stir the butter into the meal and milk, pour this gradually on the egg mixture. Bake slowly I hour.

# JELLY PUDDING.

One pint bread or cracker crumbs, I quart milk, yolks of 4 eggs, beaten, I cup sugar; bake ½ hour. When cool spread with jelly, and then cover the top with a meringue made of the beaten whites of the eggs and a little sugar.

# JAM PUDDING.

Two teacups flour, in which has been well mixed 2 teaspoons baking powder, piece of butter size of an egg well mixed through flour; made into a dough with cold water; roll into sheet and spread with a teacup of any jam or jelly; roll dough as you would roll jellý cake, pinch ends and seam firmly together, place in well-buttered steamer and steam I hour. Serve with cream and sugar, or lemon sauce.

# JELLY RICE.

Mix 4 ounces rice flour smoothly and gradually with I quart cold milk, put them into a sauce-pan, with ¼ ounce clarified isinglass, the thin rind of ½ lemon, 4 bitter almonds, blanched and pounded, and 4 ounces sugar; boil and stir briskly until quite thick; take out the lemon-rind and pour the mixture into a damp mold. When it is firmly set, turn it on a glass dish, pour melted currant jelly, or any fruit syrup, round it, and send a dish of cream to table with it.

# KISS PUDDING.

Beat the yolks of 3 eggs and ½ cup sugar till light, add 1½ tablespoons corn-starch, stir in 1 pint boiling milk, stir on the stove till thick, pour in a pudding-dish; beat the whites of the eggs with ½ cup sugar, spread over the top and brown.

# LEMON PUDDING.

Two eggs, 4 tablespoons flour, ½ cup sweet cream, I cup milk, I tablespoon butter, I cup sugar, grated rind and juice of ½ lemon. Bake in a moderate oven.

# LEMON PUDDING, NO. 2.

One cup flour, I cup sugar, I cup bread crumbs, ½ cup melted butter, yolks of 3 eggs beaten, 2 cups milk, juice and grated rind of I lemon. Bake 20 minutes, when cool, cover with a meringue of the whites of the eggs, beaten up with 3 tablespoons powdered sugar.

# LEMON PUDDING, NO. 3.

To the juice and yellow rind of 4 lemons, add ½ pint water and ½ pound sugar, cover closely for 1 hour, then strain through a cloth, add 1 ounce isinglass and put in a sauce-pan with 6 well-beaten eggs; set over the fire and keep stirring one way till as thick as cream; when milk-warm put in molds dipped in cold water. Serve ice cold. This is a most refreshing dessert.

# MALAGAN PUDDING.

One-third cup rice, I cup sugar, 2 eggs, I pint milk, ½ lemon and salt. Soak the rice over night; beat the yolks of the eggs with I tablespoon of the sugar, and grate in the lemon rind, add the rice and milk; bake I hour; take the whites of the eggs and beat to a stiff froth with the rest of the sugar, then add the lemon juice; pour it over the pudding after it is baked, and brown it in the oven 2 or 3 minutes. To be eaten cold.

### MITCHELL PUDDING.

One cup raisins, I cup chopped suet or butter, I cup molasses (some like I cup sugar with 2 spoons molasses better), I cup sour milk, I teaspoon soda, salt, flour to make a stiff batter; steam 3 or 4 hours. Sauce.

### MINUTE PUDDING.

Five heaping tablespoons flour, 3 beaten eggs, ½ cup milk, 1 teaspoon salt; beat all together and stir into 1 pint boiling milk, removing from the stove as soon as it thickens. Serve with transparent sauce, or with sweetened milk.

#### MARROW PUDDING.

Grate I large loaf baker's bread and pour on the crumbs I pint rich milk boiling hot; when cold, add 4 eggs and 3/4 pound beef's marrow sliced thin, 4 tablespoons lemon juice, in which I level teaspoon mace has been soaked and stirred, I teaspoon extract nectarine, and I tablespoon rose-water; add 2 cups raisins and I

of blanched almonds, if you wish; boil 3 hours. You can omit the fruit and use I pound marrow instead of 3/4, and bake it.

### NESSELRODE PUDDING.

Shell I pint chestnuts, take off the skin, put them in a sauce-pan and cover with boiling water, boil 10 minutes, and press through a colander; shell, blanch and pound I pint almonds; cut I pound candied fruits into small pieces; put I pint water and I pound sugar on to boil, let boil 15 minutes; beat the yolks of 6 eggs until very light, add them to the boiling syrup, and stir over the fire until very hot, then take off and beat with a spoon until cool, then add the fruit and nuts, with I tablespoon vanilla and I pint cream; mix well, put in a freezer and freeze. When hard stand away 4 or 5 hours before serving.

### ORANGE PUDDING.

Grate 3 sponge biscuits in enough milk to make a paste; beat 3 eggs and stir them in with the juice of 1 lemon and ½ the peel grated; put 1 cup orange juice and 1 of sugar, with ½ cup melted butter in the mixture, stir it well, put in a dish with puff paste around it, and bake slowly 1 hour.

# ORANGE PUDDING, NO. 2.

Strain through a coarse sieve the juice and pulp of 8 oranges, add the juice and rind of 2 lemons, dissolve I ounce gelatine in I cup hot water; when cool add the oranges, with I pint clarified sugar, stir and pour in a mold, cool, turn out and garnish with fresh berries.

# ORANGE PUDDING, NO. 3.

One and one-half cups granulated and 6 tablespoons powdered sugar, 6 eggs, 6 large or 8 small sweet oranges, ½ package gelatine, I quart boiling milk; soak the gelatine for 2 hours in I cup of the milk; put the remaining milk in the double boiler; beat together the yolks of the eggs and the granulated sugar; when the milk boils stir in the gelatine, and then the beaten yolks and

sugar; stir constantly until the mixture begins to thicken, which will be about 5 minutes, then remove from the fire and put away to cool. Pare the oranges and free them of seeds and tough parts, put them in a large glass dish, and when the custard has cooled pour it over the fruit; let this stand in a cool place 6 or 8 hours; beat the whites of the eggs to a stiff froth, and gradually beat in the powdered sugar, cover the pudding with this and serve.

# ORANGE CHARLOTTE.

Take ½ box gelatine, ½ cup cold water, ½ cup boiling water, I cup sugar, juice of I lemon, I cup orange juice and pulp, 3 eggs, whites only. Line a mold or bowl with lady-fingers or sections of oranges; soak the gelatine in cold water till soft; pour on the boiling water; add the sugar and the lemon juice; strain and add the orange juice and pulp with a little of the grated rind; cool in a pan of ice-water; beat the whites of the eggs stiff and when the orange jelly begins to harden, beat it till light; add the beaten whites, and beat together till stiff enough to drop; pour into the mold. One pint whipped cream may be used instead of the whites of the eggs, or it may be piled on the top after the Charlotte is removed from the mold.

### PEASE PUDDING.

Take I pint dry split pease, tie loosely in a cloth, put them into water and boil 2 hours; when soft take out and rub smooth with a little salt, I tablespoon butter and one beaten egg; tie up again in the cloth and boil another hour. Good with corned beef.

# PLUM PUDDING.

One pound raisins, I of currants, I of suet chopped fine, and add 3/4 pound stale bread crumbs, 1/4 pound flour, 1/4 pound brown sugar, rind of I lemon, chopped fine, 1/2 nutmeg grated, 5 eggs, 1/4 pound mixed candied peel, 1/2 pint brandy; mix well the dry ingredients; beat the eggs with the brandy; pour this over the other things and thoroughly mix; to be boiled in a basin or mold for 6 hours at the time of making, and 6 hours when wanted for use.

# PLUM PUDDING, NO. 2.

One pint chopped suet, I pint tart apples, I pint raisins, I pint currants, ½ pint milk, I cup citron; beat 8 eggs and mix with the above, and add sufficient flour to make it stick together; boil 3 hours in a cloth bag and serve with sauce.

# BAKED PLUM PUDDING.

One and one-half cups suet, chopped fine, I cup raisins, stoned, 1/2 cup milk, I cup currants, I teaspoon saleratus, 1/2 cup citron, chopped, 1/2 teaspoon each of spice and salt, 1/2 cup sugar, 1/2 cup molasses, 2 eggs, flour enough for a stiff batter. Bake 2 hours and serve with sauce.

# CHRISTMAS PLUM PUDDING.

Shred finely 3/4 pound beef suet, and add to it a pinch of salt, 11/2 pounds bread crumbs, 1/2 pound flour, 3/4 pound raisins, 3/4 pound currants, picked and dried, 2 ounces candied lemon and



citron together, and ½ a large nutmeg; mix these thoroughly, then add 4 eggs and milk enough to moisten it, but not too much or the pudding will be heavy; tie in a pudding-cloth, well floured, and boil for 5 or 6 hours; or, we think better when

boiled in a mold, which should be well buttered before the mixture is put in. The mold should not be quite full, and should be covered with I or 2 folds of paper, buttered and floured, and then with a floured pudding-cloth.

### ENGLISH PLUM PUDDING.

One pound beef suet, 3/4 pound bread crumbs, not flour, 3/4 pound raisins, 3/4 pound currants, 2 ounces sweet almonds, with 2 or 3 bitter ones, 8 eggs, well-beaten, 1/4 pound citron. I glass brandy and I of sherry wine; grate in 1/2 a nutmeg, and sweeten to your

taste; mix all these ingredients well; boil 6 hours in a bowl or cloth. When turned out and ready for the table, pour over brandy, set on fire and carry to table surrounded by blue flame. This quantity will be dessert for 6 persons. Two or three times the quantity may be made, boiled 5 hours, and set away for use New Year's, Easter, or any intervening birthday. It will be good at the end of 12 months. When wanted to use, boil 2 hours longer.

### PARIS PUDDING.

Boil I pint thick cream; beat the yolks of 6 eggs with I cup sugar, until light; stir them into the boiling cream and let thicken; take from the fire, pour in I pint cold cream; flavor with 2 teaspoons vanilla, let stand until cool, and freeze; when frozen pack into a round mold, leaving a hole in the center; fill with orange ice, cover with the pudding; place in salt and ice, and let stand 2 hours. Serve with sauce made with whipped cream, flavored with vanilla.

# POOR MAN'S PUDDING.

Take I quart milk, 6 eggs, 6 tablespoons flour, and a little salt; bake  $\frac{1}{2}$  hour; use butter and sugar dip.

# PRUNE WHIP.

Remove the pits from I pound cooking prunes; put them on the fire with water enough to cover and boil until soft; if necessary add a little more water to keep from burning; take a spoon and mash thoroughly; add and stir in well ¾ pound pulverized sugar; beat the whites of 6 eggs to a stiff froth, and mix well with the prunes; put in a pudding-dish and set in the oven for 5 minutes to brown. This is eaten with cream or milk over it. Other fruit may be substituted for prunes if preferred.

# PEACH PUDDING.

A delicious peach pudding is made by putting enough whole peaches, with the skins removed of course, in a pudding-dish, and pouring over them 2 cups water; cover the dish, and set it in a hot

oven; when the peaches are soft take the dish from the oven, drain off the juice, and let it stand until it is cool, then add to it I pint milk, 4 eggs, well-beaten, I small cup flour with I teaspoon baking-powder mixed with it, stirred in so gradually and carefully as not to be at all lumpy, I tablespoon melted butter, a little salt, and I cup sugar; beat them all together for 3 or 4 minutes, then pour over the peaches, set the dish in the oven, bake until the top is a rich brown. Serve with sugar and cream.

### PEACH COBBLER.

Half fill a pudding-dish with whole peaches, pared but not stoned, sprinkle them thickly with sugar, add I cup water, cover with a short crust made like biscuit dough; bake in a steady oven, and serve with beaten cream or with the juice from the peaches.

# PRUNE PUDDING.

A delicious prune pudding is made by stewing I pound prunes till they are soft, remove the stones and add sugar to your taste, and whites of 3 eggs beaten to a stiff froth; make a puff paste for the bottom of the pudding dish; after beating the eggs and prunes together till they are thoroughly mixed, spread them on the crust; bake for  $\frac{1}{2}$  hour, or until you are sure the crust is done.

# QUEEN PUDDING.

One pint bread crumbs, not crumbs of stale bread unfit for the table, I quart milk, I cup sugar, and the well-beaten yolks of 4 eggs, the grated rind of I lemon, and a piece of butter the size of an egg; bake until done, but not watery; whip the whites of the eggs, and beat in I cup pulverized sugar, in which you have put the juice of the lemon; spread over the pudding a layer of jelly or raspberry jam of any sweetmeat you prefer; then pour over it the whites of the eggs; set it in the oven to brown slightly. Serve cold with cream. This is an excellent dessert for an elaborate dinner, as it may be made early in the morning and so be out of the way.

# PINEAPPLE PUDDING.

Line a deep and buttered pudding-dish with slices of sponge cake, slice some pineapple in very thin slices and put it into the dish, cover a layer of pineapple with a layer of cake, and so on until the dish is full; scatter sugar plentifully over the pineapple; the top layer of cake should be moistened with water and have sugar scattered over it. If you are the happy possessor of a pudding-dish with an earthen cover, put this over the pudding, otherwise cover it with a dinner-plate and bake slowly for 134 hours; the cover or plate should be buttered.

### RICE PUDDING.

One-half cup rice, 1½ cups water, let cook very slowly; when rice is done, add I pint milk; let it come to a boil, then add the yolks of 3 eggs and I cup sugar; allow it to stand until it thickens; flavor with vanilla; remove from the fire; then beat the whites of the eggs to a stiff froth, and whip it gently into the pudding until thoroughly mixed. Set away until cool.

# RICE PUDDING, NO. 2.

Add 2 heaping tablespoons washed rice, same quantity of sugar, 1/4 grated nutmeg, and 1/2 cup raisins to 1 quart new milk; place it in a moderate oven and cook slowly for about 2 hours, stirring every 15 minutes for the first 11/2 hours; the last 1/2 hour the oven should be sufficiently hot to form a thin, papery crust of a deep brown shade on the top. The pudding when done should be creamy, not solid.

# BOILED RICE WITH SWEET SAUCE.

Wash the rice, throw into boiling water, and boil it with a pinch of salt in plenty of water. It should be done in about 20 minutes, and this will readily be ascertained by rubbing a grain between the fingers and thumb; if it crumbles, it is properly cooked; drain the rice in a colander, pour over it I cup cold water, put it back into the sauce-pan, let it stand a few minutes to dry, and serve.

Sweet Sauce for the Above.—Mix I tablespoon flour quite smooth in 4 tablespoons water, then stir into it ½ pint boiling water, sugar or syrup to taste, stir over the fire until the sauce boils, when, if allowed, I ounce butter may be added, with I tablespoon lemon juice; when sweetened with sugar a little nutmeg, or ground cinnamon may be used, instead of lemon juice, if preferred. A tablespoon raspberry jam, or any fruit syrup, may be used to flavor the sauce, and is generally much liked.

# ROLY-POLY.

Roll out about 2 pounds paste, cover it with any jam or marmalade you like, roll it over and tie it loosely in a cloth, well tying each end; boil I hour and serve, or cut it in slices and serve with sauce over it.

### RHUBARB MOLD.

Take I quart red rhubarb and cut it in pieces, put it in a saucepan with a lid, and let it boil until quite a pulp; melt ½ ounce gelatine in hot water, when dissolved put in with I pound powdered white sugar to the rhubarb and boil 15 minutes, add a few drops lemon juice, pour the rhubarb into a mold; next day dip the mold into hot water, turn out into a glass dish, pour round it some custard made as follows: The yolks of 2 eggs, I tumbler milk, 4 lumps sugar, simmer till thick; add a few drops essence of vanilla.

### RAISIN PUFFS.

Two eggs, ½ cup butter, 3 teaspoons baking-powder, 2 table-spoons sugar, 2 cups flour, 1 of milk, 1 of raisins, chopped very fine; steam ½ hour in small cups,

### SILVER AND GOLD PUDDING.

For this pudding there will be required 10 eggs, 2 quarts milk, ½ teaspoon salt, ¾ cup sugar, 2 teaspoons vanilla extract, and 1 tablespoon butter; butter a 3-pint mold, separate the white of the egg from the yolk, being careful not to have a particle of the yolk with the whites; put ⅓ the sugar and 1 tablespoon milk with the

whites and beat the mixture with a spoon until it breaks readily when poured from a spoon, then add I quart milk, I teaspoon vanilla extract, and 1/4 teaspoon salt, and after blending thoroughly pour the mixture through a fine strainer into the mold; set the mold in a pan and surround it with hot water enough to reach almost to the top of the mold; place in a moderate oven for about 3/4 hour; the water in the pan should never boil; try the custard by running the blade of a knife into the center, and if the blade be clean when withdrawn the pudding may be removed from the oven, but if there be any milky substance clinging to it further cooking will be required; at any rate, when the custard is cooked, set it where it will get exceedingly cold. While the pudding is cooking make a soft custard of the materials that remain, and also cool this. At serving-time turn the baked custard into a flat glass dish and pour the soft custard around it. This is a good pudding for Sunday, as it is all the better for being made a day before it is served. It seems extravagant to use so many eggs, nevertheless. at the usual rates the materials for the pudding cost less than half a dollar.

### SAGO PUDDING.

One quart rich milk, 4 tablespoons sago, 4 eggs, I cup sugar, and flavoring; soak sago over night in water, then beat yolks of eggs, sugar, and sago together, add milk and flavoring, set a basin in the steamer, pour in the mixture and steam I hour, beat whites with I tablespoon sugar to a stiff froth, spread over pudding and brown in oven 5 minutes; stir while steaming or the sago will settle to the bottom.

# SNOW PUDDING.

Soak ½ box gelatine in a little cold water, then add I pint boiling water, the juice of I lemon and 2 cups sugar and let cool; beat the whites of 3 eggs to a stiff froth, add to the gelatine and beat together until quite light, put into a mold and place on ice to harden; make a custard of the yolks of 3 eggs, let it become perfectly cold, and when the jelly is turned from the mold pour the custard around it and serve.

### STEAMED PUDDING.

One cup sugar, ½ cup butter, 3 eggs, I cup milk, 3 heaping teaspoons baking powder, and 3 cups flour; steam I hour.

# STEAMED PUDDING, NO. 2.

One cup milk,  $\frac{2}{3}$  cup butter, I cup molasses, I cup chopped raisins, 3 cups flour,  $\frac{2}{3}$  teaspoon soda. Put into a covered pail and steam 3 hours.

### SUET PUDDING.

One cup molasses, I cup raisins, ½ cup chopped suet, I cup milk, I teaspoon soda; mix thick with flour and steam or boil in a bag 3 hours; serve with sauce.

# STRAWBERRY SPONGE.

One quart strawberries, ½ package gelatine, 1½ cups water, I cup sugar, the juice of I lemon, the whites of 4 eggs; soak the gelatine 2 hours in ½ cup water; mash the strawberries and add ½ the sugar to them; boil the remainder of the sugar and the cup water gently 20 minutes; rub the strawberries through a sieve; add the gelatine to the boiling syrup and take from the fire immediately; then add the strawberries; place in a pan of ice-water and beat 5 minutes; add the whites of eggs and beat until the mixture begins to thicken; pour into the molds and set away to harden; serve with sugar and cream; raspberry and blackberry sponges are made in the same way.

#### STRAWBERRY SHORT CAKE.

Rub into I quart flour 5 ounces lard, a pinch of salt, and 3 table-spoons baking powder; add gradually enough milk to make a soft dough; divide into 4 parts; roll I part out lightly; cover a straight-sided Vienna cake-tin with it; roll out another part and lay it on top of the first; proceed in the same way with the other parts, using another baking-tin; bake quickly, and when done, while hot, lift the upper part from each pan, butter the inner sur-

faces, and place between the 2 crusts a layer, I inch thick, of fresh berries, mashed and sweetened; serve immediately with cream. A raspberry shortcake may be made with the same pastry.

Custard to pour over Strawberry Shortcake.—One cup sugar, I tablespoon corn starch, I egg, and I pint milk; flavor and cook as custard.

# STRAWBERRY SHORTCAKE, NO. 2.

Mix I saltspoon salt with I pound flour; chop in 3 tablespoons butter; dissolve I teaspoon soda in a little hot water, and add with I well-beaten egg to I large cup sour cream or rich "lobbered" milk, and I tablespoon sugar; put all together, handling as little as possible, and mix as soft as can be rolled; roll lightly and quickly into 2 sheets, and bake in round tins, well greased, laying I sheet on the other; when done, separate, they will part where they were joined; lay on the lower sheet a thick layer of strawberries, and dust with powdered sugar; if desired, strawberries can be placed on top and sugared as before; serve with sweet cream; if the strawberries are just heated a little and crushed lightly with a spoon and then put between the crusts, it is much improved.

### TAPIOCA PUDDING.

Soak and boil I cup tapioca, sweeten and flavor with the juice and grated rind of I lemon; add a pinch of salt, and turn into a mold; when cold turn out and pour over it a cold, soft custard, flavored with vanilla.

#### PEACH TAPIOCA.

Soak some tapioca over night, and in the morning boil until it is perfectly clear; adding more water from time to time as needed; slice 5 nice peaches with a silver knife and sprinkle liberally with sugar; when you take the tapioca from the stove, stir the peaches into it. Eat cold, with sugar and cream. Tapioca and sago make good cold desserts, combined with berries or fruit. Oranges cut up small and stirred into I cup tapioca that has boiled clear, and been sweetened, are an attractive dish. Served with sugar and cream, raspberries, strawberries and cherries make a variety of the same dish.

### CREAM TAPIOCA PUDDING.

Soak 3 tablespoons tapioca in warm water 2 hours, then stir it into 1 quart boiling milk, let it boil 15 minutes; beat together the yolks of 4 eggs and 1 cup sugar, stir them into the pudding, and flavor with lemon or vanilla extract; pour all into a baking-dish; beat the whites of the eggs with 3 tablespoons sugar to a stiff froth, put this over the pudding, and bake 5 minutes.

# TRANSPARENT PUDDING.

One-half pound butter, I pound sugar, 6 eggs, whites and yolks separately, juice of I lemon, grated rind of 2, I nutmeg, ½ glass brandy; cream the butter and sugar, beat in the yolks, the lemon, spice and brandy, stirring in the whites at the last; bake the piecrust, open. You may, if you wish to have these very nice, beat up the whites of but 4 eggs in the mixture and whip the whites of 4 more into a meringue, with 4 tablespoons sugar and a little lemon juice to spread over the top of each pie. Eat cold. They are very nice baked in patty-pans.

# TIP-TOP PUDDING.

One pint bread crumbs, I quart milk, I cup sugar, yolks of 4 eggs, the grated rind of I lemon; bake; when done spread strawberries over the top (if not in season use preserved raspberries); beat up the whites of the eggs, I cup sugar, and the juice of the lemon and spread over the top; put in the oven and brown. Serve with sweetened cream. Use ½ this for 3 or 4 persons.

# VERMICELLI PUDDING.

Parboil 12 ounces vermicelli, drain it in a sieve and put into a stew-pan with I quart cream, 4 ounces butter, ½ pound sugar, the juice and grated rind of 2 oranges, the grated rind of I lemon, and the juice of ½ of one, and a little salt; cover and let it simmer slowly until the cream is nearly absorbed; turn out to cool on a dish; then add the yolks of 6 eggs, and the whites beaten into a stiff froth; mix thoroughly yet lightly; put it into a well-buttered mold, and bake I½ hours in a moderate oven; when done turn it on a dish and serve with sauce.

### VEGETABLE PUDDING.

Half pound carrots, ½ pound cold mashed potatoes, the same of flour, suet, sugar, 4 ounces candied lemon peel, ¼ pound currants; boil slowly for 2 hours.

### WHITE PUDDING.

Three cups milk, whites of 6 eggs, whipped stiff, I cup powdered sugar, I tablespoon melted butter, I tablespoon rose-water, 2 heaping cups prepared flour; whip the sugar into the stiffened whites; add butter and rose-water; then the flour stirred in very lightly; bake in buttered mold in a rather quick oven. Eat with sweet sauce.

# YANKEE PUDDING.

One cup molasses, I cup sour milk or buttermilk, ½ cup sugar; 2 teaspoons butter, 2 teaspoons saleratus, I teaspoon ginger, same of cinnamon, 5 of flour, I egg; bake in a shallow pan.

Sauce.—One pint milk or cream, ½ cup sugar, white of I egg, beaten lightly, I teaspoon corn-starch; flavor with nutmeg; boil I minute.

# PUDDING SAUCES.

## APRICOT SAUCE.

One cup canned apricots, I of sugar, I of milk, I tablespoon corn-starch, ½ cup water; put the milk in the double boiler; mix the corn-starch with a few spoons cold milk, and stir into the boiling milk; cook IO minutes; boil the sugar and water together for 20 minutes; rub the apricots through a sieve, and stir it into the syrup; beat well, and then beat in the boiled milk and corn-starch; place the saucepan in a dish of cold water and stir for about 8 minutes; set away to cool; if you have cream use it instead of the milk; all kinds of fruit can be used in pudding sauces by following this rule: If the fruit is preserved, use less sugar; and if very acid, use more.

### ARROWROOT SAUCE.

Mix I tablespoon arrowroot smoothly with a little cold water; add ½ pint water, I glass wine, the juice of I lemon, and sugar and flavoring; stir the sauce over the fire till it boils; this sauce may be varied by omitting the wine, and using milk with the arrowroot; the juice of almost any fruit, too, may be boiled with the arrowroot.

### CARAMEL SAUCE.

Put I cup sugar in a small frying pan and stir on the fire until a dark brown, if you like a strong caramel flavor, or till a light brown, if you like a delicate flavor; add I cup boiling water and simmer 15 minutes; set away to cool.

# CREAM SAUCE.

One cup powdered sugar, I egg, 2 cups whipped cream; beat the white of the egg to a stiff froth; add the yolk and sugar, and beat well; flavor with vanilla, lemon, or wine, and add the cream last of all; this sauce is excellent for a light pudding.

# CREAM SAUCE, NO. 2.

Stir together I tumbler rich, thick cream, and I tumbler lightly full of powdered white sugar; grate over it nutmeg; serve cold with fruit tarts.

### CREAMY SAUCE.

Half cup butter, I cup powdered sugar, ¼ cup cream or milk, 4 tablespoons wine, or I teaspoon vanilla or lemon extract; if lemon or vanilla is used, add 4 tablespoons cream; beat the butter to a cream; add the sugar gradually, beating all the while; when light and creamy, gradually add the wine, and then the cream, a little at a time; when all is beaten smooth, place the bowl in a basin of hot water and stir until the sauce is smooth and creamy, no longer; it will take only a few minutes; this is a delicious sauce, and if well beaten, and not kept in the hot water long enough to melt the sugar, it will be white and foamy all through.

### CHEAP SAUCE.

To make a bowlful, take a piece of butter, size of a small egg, and beat it with ½ cup powdered sugar until it is a light cream; put I coffeecup water in a small tin saucepan, and add I teaspoon flour rubbed in a little cold water; cook till it is like a thin starch; pour it slowly into the creamed butter; if the beating be not stopped, the whole sauce will rise and be foamy as sea-froth; flavor to liking.

# FOAMING SAUCE.

One cup butter, 2 of powdered sugar, the whites of 2 eggs, 5 tablespoons wine or 3 of brandy, ½ teacup boiling water; beat the butter to a cream, and gradually beat the sugar into it; add the whites of the eggs, unbeaten, one at a time, and then the brandy or wine; when all is a light, smooth mass, add the water, beating in a little at a time; place the bowl in a basin of hot water and stir until smooth and frothy, which will be about 2 minutes. This sauce is for rich puddings.

### GERMAN SAUCE.

The yolks of 5 and whites of 3 eggs; I cup powdered sugar, I pint cream, and any flavor you choose; beat together the yolks of the eggs and the sugar, and add the cream; put this mixture in the double boiler (having first beaten the whites to a stiff froth), and stir until it begins to thicken; then add the whites and seasoning; beat thoroughly and serve.

# GERMAN CUSTARD SAUCE.

Yolks of 4 eggs, 2 ounces powdered sugar, grated rind of I lemon, I glass sherry, and a little salt; beat it sharply over a slow fire, until it assumes the appearance of a light, frothy custard. It is a good sauce.

### HARD SAUCE.

One large cup powdered sugar whipped to a cream with 2 tablespoons butter, I of currant jelly, beaten in with as much cin-

namon as will lie on a half-dime; when mixed heap on a saucer or glass dish, and set in a cold place to harden.

### LEMON SAUCE.

One cup sugar, ½ cup water, the rind and juice of 2 lemons, the yolks of 3 eggs; boil together the sugar, water, lemon-juice, and grated rind for 20 minutes; beat the yolks of the eggs; put the basin containing the boiling syrup in another of boiling water; stir the yolks of the eggs into this, and beat rapidly for 3 minutes; take up the sauce-pan and continue the beating for 5 minutes; then serve. Orange sauce may be made in the same way by substituting oranges for lemons.

### MOLASSES SAUCE.

One cup molasses, ½ cup water, I tablespoon butter, a little cinnamon or nutmeg (about ½ teaspoon), ¼ teaspoon salt, 3 tablespoons vinegar; boil all together for 20 minutes. The juice of a lemon can be used instead of vinegar. This sauce is nice for apple or rice puddings.

### PUDDING SAUCE.

Two eggs beaten separately, I cup sugar, I tablespoon butter; beat yolks and sugar together; to ½ cup boiling milk add the butter, and dissolve; add this to the yolks and sugar; beat white in; flavor.

# PUDDING SAUCE, NO. 2.

A sauce, nice for any pudding, may be made by rubbing I cup sugar and ½ cup butter to a cream; slowly add I½ teacups boiling water and when well mixed, the well-beaten yolks of 2 eggs; scald only, and then flavor with vanilla, bitter almond, or anything liked.

# PUDDING SAUCE, NO. 3.

Two eggs, 2 cups sugar and I cup butter, I glass wine; beat all well together till creamy, and set over the fire a few minutes to scald through once, or set it in the tea-kettle top to heat through.

### PLAIN PUDDING SAUCE.

One and one-half cups hot water, 2 tablespoons flour, I heaping tablespoon melted butter; cook as for drawn butter; then add I cup brown sugar; stir until the sugar is melted; add 2 teaspoons lemon-juice and a little nutmeg.

## STRAWBERRY SAUCE.

Half cup butter, 1½ cups sugar, and I pint strawberries, mashed till juicy; canned berries may be substituted for fresh ones; beat the butter and sugar to a cream; then stir in the berries and the beaten white of I egg.

### TRANSPARENT SAUCE.

Mix together I cup sugar and I heaping tablespoon corn-starch; add 2 small slices lemon, and pour on slowly I pint boiling water, stirring; gradually add I tablespoon butter, and boil until thick.

# WHIPPED CREAM SAUCE.

One cup cream, the whites of 3 eggs, and 3 tablespoons powdered sugar; the cream should be quite ice-cold when ready to whip; after whipping return to the refrigerator or to a cold place, while preparing the whites of the eggs, which beat to a stiff foam; add the sugar, then the whipped cream, beating lightly with a silver fork; use wine or any extract for flavoring. This sauce is very nice to serve in glasses, with cake, or served with fruit pudding, or any of the puddings put in large or cup molds. For the large mold, put the sauce around it, but for the small molds, pile the sauce high in the center, with the pudding around it.

# CHAPTER VIII.

# DRINKS.

# COFFEE.

It has not been a common occurrence in our experience to have set before us a really good cup of coffee. This fact convinces us that there is still much need of information on this subject. In a nutshell the following is our advice: Have a good clean coffeepot, and use only the best coffee obtainable. Poor, cheap coffee will never make a palatable drink. One pound Java and I pound Mocha mixed when whole in the berry will give the best results. When preparing your morning meal use I tablespoon ground coffee for each member of the family, allowing I extra for the pot, as the old saying runs. Cover with as many cups of boiling water as there are people to drink it, and let it come to a quick boil of 2 or 3 minutes; then set back on the stove and throw in about ½ pint cold cream, and let it stand a few minutes before serving. The cream will settle the coffee and you will enjoy your morning meal the better for using a pure article.

If you have not the cream it may be settled by beating up the dry coffee in part of an egg, using the white one morning and the yolk the next, or by adding a little cold water a few minutes before the coffee is served.

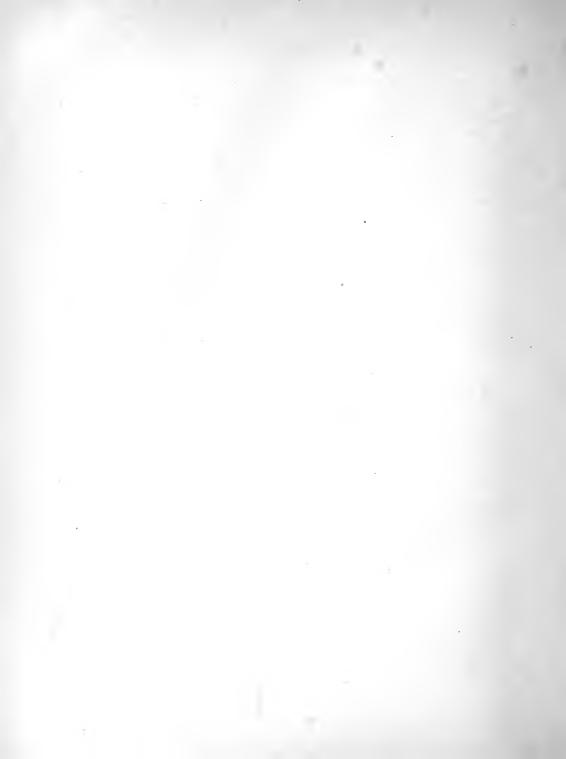
### COFFEE SUBSTITUTES.

French cooks, who are celebrated for making good coffee, mix 3 or 4 different kinds, and recommend as a good proportion, to add to I pound Jave about 4 ounces Mocha and 4 ounces of one or two other kinds. It is said that from 3 parts Rio, with 2 parts Old Government Java, a coffee can be made quite as good, if not superior to that made of Java alone.

Wheat coffee, made of a mixture of 8 quarts wheat to I pound



AT THE FOUNTAIN.



real coffee, is said to afford a beverage quite as agreeable as the unadulterated Rio, besides being much more wholesome. It is probably known to many that a very large per cent of the ground coffee sold at the stores is common field pease, roasted and ground with genuine coffee. There are hundreds of thousands of bushels of pease annually used for that purpose. Those who are in the habit of purchasing ground coffee can do better to buy their own pease, burn and grind them, and mix to suit themselves.

# NOVEL MODE OF MAKING COFFEE.

Put 2 ounces ground coffee into a stewpan, which set upon the fire, stirring the powder around with a spoon until quite hot, when pour over I pint boiling water; cover over closely for 5 minutes, when strain it through a cloth, rinse out the stewpan, pour the coffee, which will be quite clear, back into it, place it on the fire, and when near boiling, serve with hot milk.

# COFFEE WITH WHIPPED CREAM.

For 6 cups coffee of fair size, take I cup sweet cream whipped light with a little sugar; put into each cup the desired amount of sugar and about I tablespoon boiling milk; pour the coffee over these and lay upon the surface of the hot liquid a large spoon of the frothed cream, giving a gentle stir to each cup before serving. This is known to some as meringued coffee, and is an elegant French preparation of the popular drink. Chocolate served in this way is delicious.

# COFFEE FOR ONE HUNDRED.

Take 5 pounds roasted coffee, grind and mix with 6 eggs; make small muslin sacks, and in each place I pint coffee, leaving room for it to swell; put 5 gallons boiling water in a large coffee urn or boiler having a faucet at the bottom; put in part of the sacks and boil 2 hours; 5 or 10 minutes before serving raise the lid and add I or 2 more sacks, and if you continue serving several times add fresh sacks at regular intervals, taking out from time to time those first put in and filling up with boiling water as needed. In this

way the full strength of the coffee is secured and the fresh supplies impart that delicious flavor consequent on a few moments' boiling.

To make coffee for 20 persons, use  $1\frac{1}{2}$  pints ground coffee and 1 gallon water.

#### TEA.

We find the following eminently sensible lines in Household Hints: "One of the most surprising things one constantly meets is to find that the people who have the same duties to perform, day after day, or year after year, do not improve in their method, or even once blunder into the right way of doing them. Nothing is more easily made than good tea, and yet how seldom, away from home, does one enjoy delicately fragrant tea, which Hawthorne calls 'an angel's gift,' and which Miss Mitford said she could be awake all night drinking. The first thing needed is a clean tea-pot; it is useless to try to make good tea in a rusty pot, or one in which the leaves have been allowed to remain all night. The water should be boiling, but the tea itself should never boil. I wish these words could be painted on the wall of every hotel and restaurant kitchen in the United States. After the boiling water has been poured over the tea, set the tea-pot on an extra griddle at the back of the stove. All that is good in the tea will be gradually extracted from it; then when brought to the table one may well echo De Quincey's wish for an 'eternal tea-pot,' though not inclined to follow his example of drinking it from 8 o'clock in the evening until 4 o'clock in the morning.

"The most satisfactory steeper I ever used is an old-fashioned brown earthen tea-pot. This may be kept perfectly clean with almost no trouble. Whatever may be said of the hurtfulness of tea, when immoderately used, a cup of the afternoon tea so frequently mentioned in novels and essays is an unpurchasable luxury. Hamerton says in 'The Intellectual Life:' 'If tea is a safe stimulant it is certainly an agreeable one; there seems to be no valid reason why brain-workers should refuse themselves this solace.'"

Put tea and coffee away in air-tight receptacles as soon as they

are brought to the house. They lose much of their flavor by standing uncovered.

### ICED TEA.

The tea should be made in the morning, very strong, and not allowed to steep long. Keep in the ice-box till the meal is ready and then put in a small quantity of cracked ice. Very few understand the art of making iced tea, but pour the scalding hot tea on a goblet of ice lumped in, and as the ice melts the tea is weak, insipid, and a libel on its name. Iced coffee is very nice made in the same way. Too much ice is detrimental to health, and often causes gastric fever; so beware of it when in a heated state, or do not drink of it in large quantities.

### CHOCOLATE.

Very few people make good chocolate. It is a waste of time to grate it, and it hurts the taste. It is not necessary even to break it. Put it in a bowl, set on the back of the range or over the teakettle, with ½ cup boiling water added, and let it melt; then stir till a smooth paste; have equal quantities of milk and water in an open sauce-pan; when boiling hard, add gradually the paste, and boil 5 minutes, stirring all the time; sweeten while boiling. Serve as soon as possible, with I spoon whipped cream on the top of each cupful. The quantity to be used depends on the strength wanted. Generally speaking, I ounce of chocolate may be used for I pint milk and water.

### TO MAKE COCOA.

Put I gill broken cocoa in a pot with 2 quarts water, and boil gently 3 hours. There should be I quart of liquid in the pot when done. If the boiling has been so rapid that there is not this quantity, add more water and let it boil once again. Many people prefer ½ broken cocoa and ½ shells. If the stomach is delicate, this is better than all cocoa. Sugar and milk are used, as with coffee.

#### COCOA NIBS.

Cocoa nibs, or shells, are the coverings of the cocoa kernel. They should be soaked in water for 12 hours, then boiled in the same water till it is reduced to  $\frac{1}{2}$  the quantity. When cool, the oily matter should be taken from the top, as it would be likely to disagree with an invalid. It is then served like chocolate. Time to boil, 5 hours. One-quarter pound nibs should be boiled with 3 quarts water.

#### BROMA.

Put even quantities of milk and water to boil; for every cup allow I even tablespoon broma and ½ teaspoon sugar; moisten the broma and sugar with just as little of the warm milk and water as is required to dissolve it, and pour into the boiling liquid, stirring until it recommences to boil, when it is ready for the table.

### COTTAGE BEER.

Take I peck good wheat bran and put it into IO gallons water with 3 handfuls good hops, and boil the whole together until the bran and hops sink to the bottom. Then strain it through a hair sieve or a thin cloth into a cooler, and when it is about lukewarm add 2 quarts molasses. As soon as the molasses is melted, pour the whole into a IO-gallon cask, with 2 tablespoons yeast. When the fermentation has subsided, bung up the cask, and in 4 days it will be fit to use.

### GINGER BEER.

Loaf sugar, 2½ lbs.; cream of tartar, 1½ ozs.; ginger root, 1½ ozs.; 2 lemons; fresh brewer's yeast, 2 tablespoons; water, 3 gals. Bruise the ginger, and put into a large earthenware pan, with the sugar and cream of tartar; peel the lemons, squeeze out the juice, strain it, and add, with the peel, to the other ingredients; then pour over the water boiling hot. When it has stood until it is only just warm, add the yeast, stir the contents of the pan, cover with a cloth, and let it remain near the fire for 12 hours. Then skim off the yeast and pour the liquor off into another vessel, taking care not to shake it, so as to leave the sediment; bottle it immediately, cork it tightly; in 3 or 4 days it will be fit for use.

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# GINGER DRINK.

Ginger as a rule agrees well with most stomachs, especially in warm weather. Dissolve 2¾ pounds sugar in 2 gallons soft water, then add the well-beaten whites of 3 eggs and 2 ounces ground Jamaica ginger. It is well to moisten the ginger before adding it to the whole amount of water. Bring slowly to a boil, skim and stand aside to cool. When cold add the juice of I large lemon and ¼ of a yeast cake dissolved. Fill it into bottles, cork tightly and tie them down. Stand the bottles in a cool place for 10 days and they are ready for use.

# SPRUCE BEER.

Take 4 ounces hops, boil ½ hour in I gallon water; strain it; add 16 gallons warm water, 2 gallons molasses, 8 ounces essence spruce dissolved in I quart water; put it in a clean cask, shake it well together, add ½ pint yeast, let it stand and work I week; if warm weather, less time will do. When drawn off, add I teaspoon molasses to each bottle.

#### BUTTERMILK.

In warm summer weather many persons feel an irresistible craving for something sour, and often gratify this desire by a free indulgence in pickles, or vegetables made acid with vinegar. This demand for acids indicates a deficiency in the acid secretions of the stomach, and the demand for an artificial supply is a natural one. Vinegar is not the best substitute. Lac acid is one of the chief agents that give acidity to the gastric juice of the stomach in health. This is the acid of sour milk, and therefore, one of the best summer diet drinks that we can use is buttermilk. It satisfies the craving for acids by giving to the stomach a natural supply and at the same time furnishing in its cheesy matter a good supply of wholesome nutrition. A man will endure fatigue in hot weather better on buttermilk than on any other diet drink he can use.

# BLACKBERRY CORDIAL.

Add I pound white sugar to 3 pounds ripe blackberries; let it stand 12 hours, then press out the juice, straining it; add 1/3 brandy

or rum; put I teaspoon powdered allspice to each quart of cordial. It is not fit to use at once.

### CREAM OF TARTAR DRINK.

Two teaspoons cream of tartar, the grated rind of 'I lemon, ½ cup loaf sugar, and I pint boiling water. This is a good summer drink for invalids, and is cleansing to the blood.

### FRUIT CUP.

Pare the yellow rind very thinly from 12 lemons; squeeze the juice over it in an earthen bowl, and let it stand over night, if possible; pare and slice thinly a very ripe pine-apple, and let it lay over night in ½ pound powdered sugar; crush I quart berries, and let them lay over night in ½ pound powdered sugar. If all these ingredients cannot be prepared the day before they are used, they must be done very early in the morning, because the juices of the fruit need to be incorporated with the sugar at least 12 hours before the beverage is used; after all the ingredients have been properly prepared, as above, strain off the juice, carefully pressing all of it out of the fruit; mix it with 2 pounds powdered sugar and 3 quarts ice-water, and stir it until all the sugar is dissolved; then strain it again through a muslin or bolting-cloth sieve, and put it on the ice or in a very cool place until it is wanted for use.

# JELLY DRINKS.

A little jelly or fruit-syrup dissolved in a goblet of water with a little sugar, is a refreshing drink. Lime-juice squeezed into lemonade gives it a tart but pleasing flavor. A little orange-juice is also an improvement in nearly all summer drinks.

# JELLY LEMONADE.

Pare the yellow rind thinly from 2 oranges and 6 lemons and steep it 4 hours in 1 quart hot water; boil 1½ pounds loaf sugar in 3 pints water, skimming it until it is clear; pour these 2 mixtures together; add to them the juice of 6 oranges and 12 lemons,

mix and strain through a jelly-bag until clear; keep cool until wanted for use. If the beverage is to be kept several days, it should be put into clean glass bottles and corked tightly. If for a small party, half of the quantity will be sufficient.

### LEMONADE.

Take thin-skinned lemons; roll them on the table until very soft; slice very thin with a sharp knife into a large pitcher, averaging I lemon to a person, thus allowing them 2 glasses apiece; put in the pitcher, with the sliced lemon, I cup white sugar to 5 lemons, or more if you want it sweeter, and pound all well together with a potato-masher; put in a lump of ice; let it stand a few minutes, and fill the pitcher with ice-water. This makes lemonade that is lemonade, and the peel in the pitcher is delicious.

### LEMONADE POWDER.

Rub together 8 drachms tartaric acid, 14 ounces sugar, with 24 drops oil of lemon. Lemonade prepared with this powder is refreshing, cooling and wholesome.

#### MEAD.

Three pounds brown sugar, I pint molasses, ¼ pound tartaric acid; mix; pour over them 2 quarts boiling water; stir till dissolved; when cold add ½ ounce essence sassafras, and bottle; when you wish to drink it, put 3 tablespoons of it in a tumbler, fill ½ full with ice-water, add a little more than ¼ teaspoon soda. An excellent summer beverage.

# ORANGE SYRUP.

This is so easily made and so convenient to have on hand for various uses that it is strange more house-keepers do not make it, especially in the season when oranges are plentiful and cheap. Ripe and thin-skinned fruit is best for the purpose. Squeeze the juice through a sieve, and to each pint add 1½ pounds sugar, with a little of the grated orange peel and the juice of 1 lemon; boil the syrup for 15 minutes, and skim as long as any scum rises; if it does

not look clear when taken off, strain it; next bettle and seal up tight, and it will keep for a long time. Two tablespoons of the syrup, mixed with 1/4 pound creamed butter, makes a nice sauce for a pudding, or a pleasant flavor for custards and ices. Mixed with cold water and ice, it makes a delicious drink, and can be safely given to invalids.

### PINE-APPLE DRINK.

Here is a way of using the skin of pine-apples which makes a pleasant drink in warm weather. Cut it, with the core, into small pieces, and let it stand in cold water in a stone jar 24 hours. The rule is, I pint water to I small pine-apple; strain, sweeten to taste, and pour in large bottles. It will be ready to use in 3 days.

# STRAWBERRY SYRUP.

Take 4 pounds best sugar and I quart filtered strawberry juice; put them together in the bain-marie; stir until thoroughly dissolved, take off the skum and bottle; the flavor of this syrup may be heightened by the addition of I gill orange-juice to the above quantity.

# CHERRY SHRUB.

Gather ripe Morello or red sour cherries; pick them from the stalk, and put them in an earthen pot, which must be set in an iron pot of water; make the water boil, but take care that none of it gets into the cherries; when the juice is extracted, pour it into a bag made of tolerable thick cloth, which will permit the juice, not the pulp, of the cherry to pass through; put I pound sugar to I pint juice, and, when it becomes perfectly clear bottle; put ½ gill spirit into each bottle before you pour in the juice; cover the corks with rosin; cherry shrub will keep all summer in a dry, cool place, and is delicious mixed with water.

# BERRY SHERBET.

Crush I pound berries, add them to I quart water, I lemon sliced, and I teaspoon orange flavor, if you have it. Let these

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ingredients stand in an earthen bowl for 3 hours; then strain, squeezing all the juice out of the fruit. Dissolve I pound powdered sugar in it, strain again, and put on the ice until ready to serve.

## RASPBERRY VINEGAR.

Ten quarts fruit in 2 quarts cider vinegar; let them stand a few days; squeeze and strain; to each pint of juice add 1 pound sugar and boil 15 minutes; when cold, bottle and seal; fruit remaining after meals may be added until ready to strain.

#### UNFERMENTED WINES.

The juice of grapes, blackberries, raspberries, etc., pressed out without mashing the seeds, adding I pint water, and ½ lb. sugar for each pint of the juice; then boil a few minutes, skimming if any sediment or scum rises, and bottling while hot, corking tightly, cutting off the corks, and dipping the tops into wax, and keeping in a dry, cool place, gives a wine that no one would object to, if iced when drank. It is nourishing, satisfying to the thirst, and not intoxicating, because there has been no fermentation. Made of grapes, this wine is in every way suitable for communion.

# CHAPTER IX.

## EGGS AND OMELETTES.

#### TO BOIL EGGS.

To boil an egg just right seems to be very simple, yet where there is a member of the family who is particular in having his egg boiled in just such a manner, it isn't quite as easy to do as it seems. It is anything but pleasant for a person to ask for a soft-boiled egg and receive one just warmed through, or a hard-boiled one and get it so that the yolk will run. Three minutes is the usual time allowed for a medium-boiled egg, 5 minutes for a hard-boiled one, and 1½ or 2 minutes for a soft-boiled one. Always count from the time the egg commences to boil.

#### TO BAKE EGGS.

Butter a clean, smooth sauce-pan, break as many eggs as will be needed into a saucer, one by one; if found good, slip it into the dish; no broken yolk allowed, nor must they crowd so as to risk breaking the yolk after being put in; put a small piece of butter on each, and sprinkle with pepper and salt; set into a well-heated oven, and bake till the whites are set. If the oven is rightly heated, it will take but a few minutes, and is far more delicate than fried eggs.

#### TO FRY EGGS.

Fried eggs, when done properly, are very inviting, but when brought to the table with the yolks broken running all over the dish, they are anything but attractive. To fry eggs well is a very easy matter, if properly understood. Have on the front part of the stove a frying-pan one-third full of lard at the least; break each egg separately into a saucer, being careful not to break the yolk; when the lard is very hot remove to back of stove and let each egg slide carefully into it; when all are in that can be conveniently cooked in

it, leaving room for the lard to boil well around each, put on the front of stove and fry. While cooking, with a long-handled spoon lift now and then the boiling lard, a spoonful at a time, and turn it over the top of each yolk; when the whole egg is white it can be taken out, for it is done. To be sure, if they are liked brown, they may be cooked longer, but where a rare egg is desired they should be removed from the fat when the whole top is white. When wished turned over it can be done very easily by turning the egg when the under side is brown. Fried eggs should be lifted from the pan with a skimmer and allowed to drain a short time ere being served. Do not let them stand but a very short time ere serving, for eggs grow tough and hard if not served almost immediately after being taken from the fire.

### TO POACH EGGS.

Have the water well salted, and do not let it boil hard; break the eggs separately into a saucer, and slip gently into the water; when nicely done, remove with a skimmer, trim neatly, and lay each egg upon a small thin square of buttered toast, then sprinkle with salt and pepper. Some persons prefer them poached, rather than fried, with ham, in which case substitute the ham for toast.

#### PICKLED EGGS.

Sixteen eggs, I quart vinegar, ½ ounce black pepper, ½ ounce Jamaica pepper, ½ ounce ginger; boil the eggs 12 minutes; dip in cold water and take off the shell; put the vinegar, with the pepper and ginger, into a stew-pan aud simmer 10 minutes; place the eggs in a jar, pour over the seasoned vinegar boiling hot, and when cold tie them down with a bladder to exclude the air; ready for use in I month.

#### SCRAMBLED EGGS.

Heat the spider and put in a little butter; have the eggs broken into a dish, salt and pepper them; add a small piece of butter; beat up just enough to break the eggs, then pour into the buttered spider; scrape them up from the bottom with a thin knife, to prevent their cooking fast; do not cook too dry.

#### STUFFED EGGS.

Boil the eggs hard, remove the shells, and then cut in two either way, as preferred; remove the yolks and mix with them pepper, salt, and a little dry mustard—some like cold chicken, ham, or tongue chopped very fine—and then stuff the cavities, smooth them, and put the halves together. For picnics they can simply be wrapped in tissue paper to keep them together. If for home use, they can be egged, and bread-crumbed, and browned in boiling lard; drain and garnish with parsley.

## SCOTCH EGGS.

One cup cooked lean ham, chopped very fine, ½ cup stale bread crumbs, ½ cup milk, ½ teaspoon mixed mustard, cayenne enough to cover a silver 5-cent piece, I raw egg and 6 hard-boiled; cook the bread and milk together until a smooth paste; add to the ham, and add the seasoning and raw egg; mix thoroughly; break the shells from the hard-boiled eggs, and cover with this mixture; put in a frying-basket, and plunge into boiling fat for 2 minutes. These are nice for lunch, tea, or picnics.

### SCALLOPED EGGS.

Five hard-boiled eggs, ½ cup gravy or drawn butter, I cup bread crumbs, ¾ cup minced cold meat—the rabbit left from yesterday, or better still, cold ham or tongue; if none of these are forthcoming, buy one of the small tins of devilled meats that come at a low cost, and use that—butter the bottom of a pie-plate or shallow pudding-dish and cover with a layer of the meat; over this spread the hard-boiled eggs, sliced, and pour in the gravy; sprinkle the bread crumbs over all, pepper and salt and dot with bits of butter; bake covered Io minutes in a moderate oven, and brown.

#### BREADED EGGS.

Boil hard and cut in round, thick slices; pepper and salt and dip each in beaten raw egg, then in fine bread crumbs or powdered cracker crumbs and fry in butter, hissing hot; drain off every drop of grease, and serve hot.

#### EGG BASKETS.

Boil quite hard as many eggs as will be needed. Put into cold water till cold, then cut neatly into halves with a thin, sharp knife, remove the yolk and rub to a paste with some melted butter, adding pepper and salt; cover up this paste and set aside till the filling is ready; take cold roast duck, chicken, or turkey which may be on hand, chop fine and pound smooth, and while pounding mix in the paste prepared from the yolks; as you pound moisten with melted butter and some gravy which may have been left over from the fowls; set this paste when done over hot water till well heated; cut off a small slice from the end of the empty halves of the whites so they will stand firm, then fill them with this paste; place them close together on a flat, round dish, and pour over the rest of the gravy, if any remains, or make a little fresh; a few spoons cream or rich milk improves this dressing.

### EGGS AND CHEESE.

Into a buttered baking-dish put on layers each of bread crumbs, grated cream cheese and hard-boiled eggs sliced. Finish the top with a layer of bread crumbs; break a few eggs into some little hollows, and bake 5 minutes in a hot oven,

#### EGGS ON FOAM.

Beat the whites of eggs stiff, with a little salt, spread out on a flat earthen baking-dish, make little hollows, and lay the yolks into them. Bake 3 minutes in a quick oven.

#### EGGS SUR LE PLAT.

Little stone china dishes come expressly for this mode of serving eggs; heat and butter the dish, and break into it 2 eggs, being careful not to break the yolks; sprinkle lightly with salt and pepper, and drop on them ½ teaspoon butter, broken in small pieces; place in a moderately hot oven until the white is set, which will be in about 5 minutes; there should be a dish for each person; the flavor can be changed by sprinkling a little finely-chopped ham or parsley on the plate before putting in the eggs.

#### EGGS A LA BONNE FEMME.

Take 6 large eggs, boil them 10 minutes; when cool, remove the shells carefully; divide them equally in halves, take out the



yolks and cut off from each the pointed tip of the white, that they may stand flatly; make tiny dice of some cold chicken, ham, boiled beet root, and the yolks; fill the hollows with these up to the brim, and pile the

dice high in the center—two of ham and chicken, 2 of boiled beet root, and 2 with the hard yolks; arrange some neatly cut lettuce on a dish and place the eggs amongst it.

## OMELETTE.

First have fresh eggs, not omelette eggs (in restaurants all eggs that will not in any way do to boil, are put aside for omelettes), break the eggs in a bowl and to every egg add I tablespoon milk and whip the whole as thoroughly as you would for sponge cake; the omelette pan must be so hot that butter will melt almost brown in it but not quite; then run the whipped egg and milk into the pan and put it directly over the fire; take a thin-bladed knife and run it carefully under the bottom of the omelette so as to let that which is cooked get above. If the fire is right the whole mass will swell and puff and cook in just about I minute; watch carefully that it does not burn; it is not necessary to wait till the whole mass is solid as its own heat will cook it after it has left the pan, but begin at one side and carefully roll the edge over and over till it is all rolled up, then let it stand a moment to brown; turn out on a hot plate and serve immediately.

## APPLE OMELETTE.

Eight large apples, 4 eggs, I cup sugar, I tablespoon butter, nutmeg or cinnamon to taste; stew the apples and mash fine; add butter and sugar; when cold, add the eggs, well beaten; bake until brown and eat while warm.

#### BAKED OMELETTE.

One and one-half pints milk, 4 eggs, I tablespoon flour, I of butter, I teaspoon salt; let the milk come to a boil; mix the butter and flour together; pour the boiling milk on the mixture, which then cook 5 minutes, stirring all the while; put away to cool; when cooled, add the salt and the eggs, the yolks and whites having been beaten separately; pour into a buttered dish and bake 20 minutes in a quick oven; serve at once; the dish should hold a little more than a quart.

#### BEEF OMELETTE.

Three pounds beefsteak, 3/4 pound suet, chopped fine, salt, pepper, and a little sage, 3 eggs, 6 Boston crackers, rolled; make into roll and bake.

# CHEESE OMELETTE.

Make the same as plain omelette, and as soon as it begins to thicken sprinkle in 3 tablespoons grated cheese.

#### CHICKEN OMELETTE.

The same as plain omelette, and just before folding, add I cup cooked chicken, cut rather fine, and warmed in cream sauce.

#### CORN OMELETTE.

One pint cold boiled corn, 4 eggs, ½ cup milk, 1½ teaspoons salt, a little pepper, 3 tablespoons butter; beat the eggs, and add to them the salt, pepper, milk, and corn; fry like a plain omelette.

#### FISH OMELETTE.

Boil a shad roe 20 minutes in salt and water; chop it fine, and add to it I cup of any kind of cold fish, broken fine; season with salt and pepper, and warm in I cup cream sauce; make a plain omelette with 6 eggs; when ready to fold, spread the prepared fish on it; roll up, dish, and serve immediately.

#### FRENCH OMELETTE.

One quart milk, I pint bread crumbs, 5 eggs, I tablespoon flour, I onion chopped fine, chopped parsley, season with pepper and salt; have butter melted in a spider; when the omelette is brown, turn it over; double when served.

### HAM OMELETTE.

The same as plain omelette, and add 3 tablespoons cooked ham, chopped rather fine, as soon as it begins to thicken.

## JELLY OMELETTE.

A jelly omelette is made like the others, and, just before folding, spread with any kind of jelly (currant or grape is the best, however). Fold quickly and serve.

### OYSTER OMELETTE.

Allow for every 6 large oysters or 12 small ones, I egg; remove the hard part and mince the rest very fine; take the yolks of 8 eggs and whites of 4, beat till very light; then mix in the oysters, season and beat all up thoroughly; put into a skillet I gill butter, let it melt; when the butter boils, skim it and turn in the omelette; stir until it stiffens, fry light brown; when the under side is brown, turn on to a hot platter; if wanted the upper side brown hold a red-hot shovel over it.

#### SAVORY OMELETTE.

This is made like a plain omelette, with the addition of salt and I tablespoon chopped parsley. A little grated onion may be used also, if you like it.

### PRESERVING EGGS.

#### TO PRESERVE EGGS FOR WINTER USE.

For every 3 gallons water put in 1 pint fresh slacked lime, and ½ pint common salt; mix well and let the barrel be about ½ full

of this fluid, then with a dish let down your fresh eggs into it, tipping the dish after it fills with water, so they will roll out without cracking the shell, for if the shell is cracked the egg will spoil.

### ENGLISH METHOD.

Put into a tub I bushel Winchester measure of quick lime (which is fresh slacked lime), 32 ounces salt, 8 ounces cream of tartar. Use as much water as will give that consistency to the composition as will cause an egg to swim with its top just above the liquid. Then put and keep the eggs therein, which will preserve them perfectly sound at least 2 years.

#### METHODS FOR HOME USE.

Dip the eggs, a few at a time, for a moment into boiling water, and pack in salt. This is splendid for home use.

Rub them over lightly, but carefully, with linseed oil, and pack in oats or cut straw. Not good for market as it makes the shells shiny.

# CHAPTER X.

## FRUITS AND FRUIT DISHES.

#### AMBROSIA.

One pine-apple, chopped quite fine, ½ box strawberries, 6 bananas sliced and the slices quartered, 6 oranges sliced and the slices quartered, I lemon cut fine; sweeten to taste.

## APPLES, GRAPES AND PEARS.

Wipe pears and apples bright, and cleanse the grapes, if sticky or dusty, by plunging each bunch into cold water and laying between the folds of a soft cloth; arrange the fruit tastefully in a dish, and garnish with leaves or flowers; provide each person with a plate, finger-bowl, fruit-napkin, fork and spoon.

#### BANANAS AND CREAM.

Peel, slice and heap up in a glass dessert-dish, and serve raw, with fine sugar and cream, or sprinkle with sugar and put a few drops of orange-juice on each piece; set in the refrigerator for a short time before serving; add I tablespoon whipped cream to each dish when serving.

### BLACKBERRIES AND CREAM.

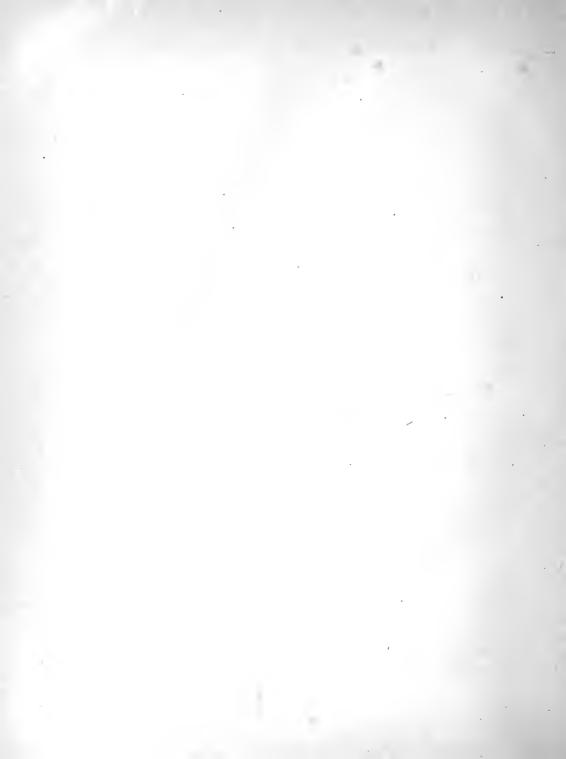
Pick the blackberries over carefully, and let them get very cold before serving them. Light cakes of any sort make an agreeable accompaniment to berries and cream.

#### TO KEEP GRAPES.

Select nice fresh clusters, and cut the end of the stem smooth and dip it into melted sealing-wax; then put it in cotton-batting; pack them away in wooden boxes; keep them in a dry, cool place. In this way they will keep fresh all winter. Another way: Take



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full bunches, ripe and perfect; seal the end that is cut from the vine so that no air can get in, or the juice of the stem run out, and let them stand I day after sealed, so as to be perfectly sure they are sealed (it not they will shrivel up); then pack in boxes of dry saw-dust and keep in a cool place; they will keep nicely all winter without losing their flavor; in packing, do not crowd the bunches; sprinkle the saw-dust over the bottom of the box, then lay the grapes carefully, I bunch at a time, all over the box, then saw-dust and grapes alternately until the box is full.

#### MELONS.

Melons are much nicer if kept on ice until time for serving; cut off a slice at each end of the water-melon, then cut through the center; stand on end on platter. Cantaloupe melons should have the seeds removed before sending to the table. Eat with a spoonful of strained honey in each half of melon.

#### ORANGES.

Slice, mix with powdered sugar, and strew grated cocoa-nut over the top; are also nice served whole, the skins quartered and turned down; form in a pyramid with bananas and white grapes.

#### PEACHES AND CREAM.

Peel and slice peaches as late as possible before serving them, as exposure to the air discolors them; never sweeter in the dish, but pass sugar and cream with each saucerful.

#### PINE-APPLES.

Slice on a slaw cutter, or with a very thin knife, or cut slice off the top and with a silver fork remove all the pulp; it comes out all soft and foamy, leaving the hard core, which is not fit to eat; sweeten to taste and set on ice till ready to serve.

# STRAWBERRIES, ITALIAN.

Place as many berries as will form a layer at the bottom of a dessert-dish, and sprinkle thickly over powdered loaf-sugar; then

another layer of berries and sugar, until the dish is full; then squeeze over the top the juice of I fresh lemon; stir them around before serving, that they may imbibe the lemon and sugar; or use orange-juice instead of lemon, using 3 oranges for I quart berries.

## FRUIT SAUCES.

The acid of apples is among the most healthful of substances taken into the human stomach. It rouses the action of the liver when torpid, and thus enables it to eliminate and throw off the germs of bilious disorders, and those of other diseases arising from slow blood poison. They must also be classed as among the most important and valuable of the vegetable growths, especially for that class who work with the brain.

#### APPLE DAINTIES.

Pare and core 8 large apples, cook in a light syrup and drain on a sieve. Have ready as many round pieces of sponge cake as there are apples, cut the same size and I inch thick; sprinkle sugar over and glaze them in a moderate oven. Dish up the apples on the cakes, set a preserved greengage on the top of each, reduce the syrup with  $\frac{1}{2}$  glass currant jelly; pour over and serve.

### APPLE SAUCE.

Pare, core and cut up 2 quarts or less of apples and add cold water enough to not quite cover them. When boiled soft enough to mash with a wooden spoon, add sugar to suit the taste, grated nutmeg may be added or a little lemon juice, as you may prefer for flavoring.

## TELLIED BAKED APPLES.

Melt and slightly brown I teacup sugar, dissolve with I teacup water; add 6 fine tart apples, halved or quartered and cored; cover and bake slowly, basting occasionally; uncover and brown nicely

before taking from the oven; add water if this boils away; arrange the apples nicely in a buttered mold, and strain the syrup over them; prepare at least a day before needed.

#### A NICE WAY TO PREPARE APPLES.

Pare I dozen tart apples, take out the core, place sugar, with a small lump of butter in the center of each apple, put them in a pan with ½ pint water, bake until tender, basting occasionally with the syrup while baking; when done, serve with cream.

## HOW TO TREAT TASTELESS EARLY APPLES.

Take 4 pounds apples (weigh them after they are peeled), 2 pounds sugar, ½ ounce cinnamon in the stick, ¼ ounce cloves and I pint vinegar; let the vinegar, spices and sugar come to a boil; then put in the whole apples and cook them until they are so tender that a broom splint will pierce them easily.

### PRESERVED APPLES FOR TEA.

Make a nice syrup of sugar and water, and put in some small pieces of ginger root or the yellow of orange peel; have some good firm apples pared and halved—pippins are best—and when the syrup has boiled up 3 or 4 times and been skimmed, drop in the apples and cook until transparent, but they must not go to pieces. Let them be quite cold before eaten, and good cream greatly improves it.

#### FRIED BANANAS.

Cut bananas in two lengthwise and dip them first in beaten egg, then roll them in flour; have your fat boiling hot, drop them in and fry to a fine yellow brown; take out carefully with a split spoon and serve folded in a white napkin.

## CRANBERRY SAUCE.

See "Sauces and Catsups."

#### CANDIED CHERRIES.

Two quarts large, ripe, red cherries, stoned carefully; 2 pounds loaf sugar, I cup water. Make a syrup of the sugar and water and boil until it is thick enough to "pull," as for candy. Remove to the side of the range, and stir until it shows signs of granulation. It is well to stir frequently while it is cooking, to secure this end. When there are grains or crystals on the spoon, drop in the cherries, a few at a time. Let each supply lie in the boiling syrup 2 minutes, when remove to a sieve set over a dish. Shake gently but long, then turn the cherries out upon a cool, broad dish, and dry in a sunny window.

#### GLACE CHERRIES.

Make as above but not let the syrup granulate. It should not be stirred at all, but when it "ropes" pour it over the cherries, which should be spread out upon a large flat dish. When the syrup is almost cold, take these out, one by one, with a teaspoon, and spread upon a dish to dry in the open air. If nicely managed, these are nearly as good as those put up by professional confectioners. Keep in a dry, cool place.

#### TO CRYSTALLIZE FRUIT.

Pick out the finest of any kind of fruit—leave in the stones; beat the whites of 3 eggs to a stiff froth; lay the fruit in the beaten egg, with the stems upward; drain them and beat the part that drips off again; select them out, one by one, and dip them into a cup of finely-powdered sugar; cover a pan with a sheet of fine paper, place the fruit on it, and set it in a cool oven; when the icing on the fruit becomes firm, pile them on a dish, and set them in a cold place.

#### COMPOTE OF DAMSONS.

Pick the stalks from I quart sound, ripe damsons; simmer them in a syrup made as follows: Put 2 pounds loaf sugar into I quart water, and stew it over the fire until the sugar has all dissolved, then add the white of I egg whipped up with a little water;

whisk the whole well together, and simmer very gently; take off the scum as it rises; then put the damsons into the syrup and simmer them gently until the fruit is tender, but not sufficiently soft as to break it; this will be in about ¼ hour; take them up, and boil the syrup for 5 minutes; pour it over the damsons, and serve.

#### A COMPOTE OF PEACHES.

Take some firm free-stone peaches, cut them into halves, remove the stones and dip the halves into boiling water; then, after taking off the skins, cook them in hot syrup, allowing them to boil up twice, when they will be done enough; then dish them up, strain the syrup through a sieve, and pour it over, hot or cold.

#### STEWED PRUNES.

Put the prunes over the fire in enough water to cover them and stew until tender; sweeten to taste and eat when perfectly cold; small sponge cakes, or fancy cakes of any kind, are a pleasant accompaniment to this dish, or lacking them, nice bread and butter.

#### BAKED PEARS.

Wipe large, sweet pears and place them side by side, stems upward, in a pudding-dish; pour over them I cup boiling water into which has been stirred I tablespoon sugar; invert a pan over them and bake until the pears are tender; let them become cool in the liquor, and serve them in a glass dish, with the syrup poured over them. Eat with sugar and cream.

#### STEWED PEARS.

Peel pears; place them in a little water, with sugar, cloves, cinnamon and lemon peel; stew gently, and add I glass cider. Dish up cold.

## CANNING FRUIT.

The fruit should be perfectly fresh, and the sooner it is canned after it is taken from the tree or vine the better. If a small quantity, say half a dozen quarts, is cooked at one time the color of the fruit and the uniformity of the cooking will be better than if a larger quantity is attempted. Glass cans with glass tops, a rubber band and a screw ring give the best satisfaction, as they can be sealed and unsealed in a moment's time. As for the process, when the fruit is done, pour it boiling hot into the cans; let them remain untouched 15 or 20 minutes, till the fruit settles, then fill them full again and seal up. If the can is placed on a very wet cloth it will not break when the scalding fruit is put into it. Turn the cans after screwing them up tightly, bottom side up, and if no syrup leaks out no air can get in. When cold set them away in a dark cool closet.

### TABLE FOR CANNING FRUIT.

	Time for boiling fruit.		Quantity of sugar per qt.	
Apricots	10	min.	8	oz.
Sour Apples	10	"	6	* *
Crab Apples	25		8	"
Blackberries	6		6	4.6
Gooseberries	8	4.6	8	"
Raspberries	6	"	4	4.6
Huckleberries	5	44	4	4.6
Strawberries	8	4.4	8	4.6
Cherries	5	4.4	6	4 4
Currants	6		8	"
Wild Grapes	10	"	8	4.6
Sour Pears, whole	30	4.4	8	4.4
Bartlett Pears	20	44	6	4.6
Peaches, in halves	8	"	4	
Plums	10	6.6	8	4.6
Peaches, whole	15		4	"
Pine-apple, sliced	15	44	6	44
Tomatoes	30		0	44
Quinces	30	44	10	4.6
Rhubarb	10	**	10	"

#### APPLE SAUCE.

Ready for table use or for pies may be kept till apples are out of the market by putting it into hot jars and sealing at once.

#### CANNED SWEET CORN.

There are at least two excellent methods of canning green corn from which the housekeeper may take her choice. In the first process she will probably find less difficulty than in the second. Select good firm ears, with as few imperfect kernels as may be. Put over the fire in a pot of boiling water and cook until they are so well done that the milk will not flow from the grains when they are pricked with a fork. Cut the corn from the cob with a sharp knife, shaving as close to the cob as possible. Choose wide-mouthed stone crocks for keeping it, and place a layer of salt, about 1/2 inch thick in the bottom of each. Follow this with a 2-inch layer of corn, and more salt on that. More corn comes next, and so on to the top of the jar, the last thickness being of salt I inch deep. Melt enough lard to cover the salt with a thick coating, and pour it on after it has cooled. Before it quite hardens press on it a round of white paper just the size of the jar's mouth. Set the jar in a cool place, and when the corn is needed take it out long enough before cooking to soak it several hours. The second method is to be followed where tin cans are used, or such as will permit of the top being pierced. By this rule the corn must be cut from the cobbefore cooking, packed into the cans and these hermetically sealed. They must then be set in a large boiler and straw placed between the cans so they may not strike against each other. Enough cold water must be poured into the boiler to cover the cans and this gradually brought to a boil. After they have reached this point they must boil 11/2 hours. They may then be removed from the fire and the top punctured to allow the escape of gases. Immediately afterwards, while still very hot, these holes must be sealed. This process is called one of the best, and has been patented.

#### CANNED BERRIES.

Heat slowly to boiling in a porcelain kettle; when they begin to boil, add sugar according to table above. Before doing this, however, if there is much juice in the kettle, dip out the surplus and save for jelly; it will only increase the number of cans. Leave the berries almost dry before putting in the sugar, this will make syrup enough. Boil all together and can.

#### CANNED GRAPES AND ELDERBERRIES.

Cook grapes and rub pulp through a colander; remove skins from seeds and put with pulp and juice; then add about equal quantities of elderberries; cook all together for a few minutes, sweeten and can.

#### CANNED PLUMS.

Wash and put whole into a syrup made in the proportion of I pint water and I pound sugar to every 2 pounds fruit; boil for IO minutes, can, and seal immediately; if pricked with a fork before placing in syrup, they will be less liable to burst. Cherries are canned in the same way.

### CANNED PEARS.

Prepare a syrup, allowing I pint water and 6 tablespoons sugar to I quart fruit; while this is heating peel the pears, dropping each as it is prepared into a pan of clear water; when the syrup has come to a fast boil, put in the pears carefully and boil until they look clear and can be easily pierced by a fork; have the cans ready rolled in hot water; pack with the pears and fill to overflowing with the scalding syrup, which must be kept on the fire all the while, and seal. The tougher and more common pears must be boiled in water until tender, and thrown while warm into the hot syrup, then allowed to boil IO minutes before they are canned.

#### PREPARED PEARS.

At this time of the year a good many families have such quantities of ripened pears that they can neither eat nor profitably

dispose of them. A lady who has tried it finds this an excellent use to make of them: Cut them in thick slices, stew them, and then, in an open oven, dry them thoroughly, if it takes 2 days. They come out all honeyed over with their own sweetness, and fig-like in their substance and consistency, at once suggesting both raisins and figs. And they are excellent eating, far finer than any one would believe without trying. They will keep, it is said, a year or two.

#### CANNED PEACHES.

Pare, cut in half, and stone, taking care not to break the fruit; drop each piece in cold water as soon as it is pared; allow 4 table-spoons sugar to each quart fruit, scattering it between the layers; fili your kettle and heat slowly to a boil; boil 3 minutes, until every piece of fruit is heated through; can and seal. Put I cup water in the bottom of the kettle before packing it with fruit, lest the lower layer should burn.

#### DRIED PEACHES.

Peaches, as usually dried, are very good fruit, but can be made vastly better if treated the right way. Pare and halve good fruit and sprinkle a little sugar into the cavity left by extracting the pit; then dry as usual.

A good way to preserve the small early peaches which are not suitable for canning is to peel them, and to 8 pounds fruit add 3 pounds light brown sugar; scatter the sugar over the peaches and let them stand for a few hours, then you will not be obliged to add a drop of water to them; let them cook slowly until they look clear, and can be pierced easily with a broom splint; then spread them on plates and set them in the sun to dry. There will be a thick syrup left in the kettle, which may be boiled a few minutes after the fruit is taken out and poured over the fruit on the plates. When the peaches are dry pack them in jars, with powdered sugar scattered over each layer. The jars must be carefully covered, so that it will be impossible for the smallest fly to enter.

#### CANNED PINE-APPLE.

Slice rather thin and cut slices in half; make a syrup of about ½ pound sugar and I pint water; let the pine-apples cook in the boiling syrup until quite tender; pack in jars with plenty of syrup, to which may be added a flavor of lemon-juice if liked; screw the tops on tightly, just as canned pears or peaches are done, and keep in a cool, dark place; they are very nice, but troublesome to peel; it is better to cut the pine-apple in slices, and peel each slice; dig out the eyes with a silver fork.

#### CANNED STRAWBERRIES.

Fill glass jars with fresh whole strawberries, sprinkled with sugar in the proportion of ½ pound sugar to I quart berries, lay covers on lightly, stand them in wash boiler filled with water to within I inch of tops of cans (the water must not be more than milk-warm when the cans are placed in it). When it has boiled for 15 minutes, draw to back of stove, let steam pass off, roll the hand in a towel, lift out cans and place on a table. If the berries are not well covered with their own juice, take a tablespoon and fill up the first can to the very top of the rim from the second, wipe the neck, rub dry, and screw the top down firmly, observing carefully the general directions for canning berries. Fill another from the second can, and so on until all are finished. Great care must be taken to keep the berries whole and round; as the cans cool invert them occasionally, to prevent the fruit from forming in a mass at one end.

#### TO BOTTLE RASPBERRIES.

Take the quantity of berries desired—these should be as sound and fresh as possible—and having freed them from all bugs or other insects, put them into wide-mouthed bottles and pour over enough syrup to cover them. This syrup should be made as follows: Take I quart water and whisk up with it I teaspoon of the white of egg, adding 3 pounds sugar and boiling until clear. After covering the berries with the syrup, cork the bottles and tie the corks down securely. Then place the bottles in a deep pan and

pour in enough cold water to cover all but the necks. Set the pan on the fire, and just as the water comes to the boiling point remove the pan where it may simmer 10 or 15 minutes, then take it off the fire and let it stand, without disturbing the bottles till the water is quite cold. Then examine the corks again to see that they are still tight, when they may be sealed with wax and set away in your storeroom till wanted.

# JAMS AND JELLIES.

Jellies and jams should be put in tumblers or bowls. A paper should be cut to fit the top, and then wet in brandy, and another paper should be pasted over it. Jelly tumblers with glass covers are more convenient than the old-fashioned ones, and where they are used the second paper cover is not necessary. It is better not to cover until some weeks after the jelly is made. White crushed sugar is much the nicest for preserving. If jelly does not seem hard as it should be the day after it is made, it can be set in the sun for several hours, which will help it greatly.

In making marmalades, jams, etc., if put up in small quantities and for immediate use, 3/4 pound sugar to I pound fruit is sufficient; but if desirable to keep them longer, I pound sugar to I pound fruit is a better proportion.

# APPLE JAM.

Peel and core the apples, cut in thin slices and put them in a preserving-kettle with 3/4 pound white sugar to every pound fruit; add tied up in a piece of muslin, a few cloves, a small piece ginger and a thin rind of lemon; stir with a wooden spoon on a quick fire for 1/2 hour.

# APRICOT JAM.

Pare 3 pounds fresh, sound apricots, halve them, and take out the stones; they should be ripe enough to halve with the fingers; place them in a deep dish, and strew over them I pound finely-sifted sugar; let them remain for 8 hours; then place them with the syrup that will have oozed from them in a preserving-pan; add a few of the kernels blanched and sliced, and 1½ pounds more of sugar; let them boil very gently, and, when done, put them into glasses or jars and cover closely with gummed paper.

## BERRY OR CURRANT JAM.

Any kind of berry or currant jam may be made by putting into a preserving-kettle and boiling 15 or 20 minutes, stirring often and skimming off any scum that may rise; then add sugar in the proportion of 3/4 pound sugar to 1 pound fruit; boil 30 minutes longer, stirring continually; when done pour into small jars or jelly glasses; a good way is to mix raspberries and currants in the proportion of 2/3 of the former to 1/3 of the latter.

## GOOSEBERRY, OR PLUM JAM.

Stew the berries in a little water, press through a coarse sieve or colander; then return to the kettle and add 3/4 pound sugar to I pound pulped fruit; boil 3/4 hour, stirring constantly; pour in jars or bowls and cover as directed for other jams.

# GRAPE JAM.

Pick the grapes from the stems and wash them; after they are drained slip the pulp from the skin, keeping them in separate dishes; then boil the pulp until it will easily part from the seeds; strain through a colander, rinsing the seed with a little water; boil the skins, adding some water, until they are quite tender; the Isabella will not become as tender as other varieties; then put all together and weigh I pound sugar to I pound fruit; boil 2 or 3 minutes, and put into cups or jars.

# PEACH JAM.

Take the desired quantity of ripe peaches, pare them and remove the stones and cut them into quarters; put them into a preserving pan and set over the fire and stir constantly until they become very soft; then rub through a sieve to take out the lumps; beat the pulp well until the mass is thoroughly smooth, then to each pound of the pulp add I pound white sugar; put the contents over the fire again, stirring and skimming constantly, and cook I5 minutes after the pulp once begins to boil; fill jars and cover tightly, and keep in a cool, dry place.

## PINE-APPLE JAM.

Pare the fruit clean; then grate it on a coarse grater, rejecting the cores; weigh it, and put to each pound of fruit I pound sugar; let it stand over night; in the morning boil for I minute, and it is done. Put it in jars as directed.

## PINE-APPLE JAM, NO. 2.

Pare, remove spots, and cut into very small pieces; weigh; put into a saucepan with water to nearly cover and cook until tender; make a syrup of sugar, adding a little water to dissolve it, allowing 3/4 pound for I pound fruit; boil, and remove the scum; then add to the pine apple and boil slowly for about IO minutes or until the pine-apple looks clear.

## RHUBARB JAM.

Peel and cut up the rhubarb, boil till reduced to a pulp with a very little water; allow I pound sugar, I oz. sweet almonds, blanched and chopped, and ½ lemon cut in slices to each pound of pulp; boil for ¾ hour, remove the lemon peel, and put into jars.

# APPLE JELLY.

Slice and boil the fruit till thoroughly done; strain through a coarse bag and to I pint juice allow I pound sugar, or I cup sugar to I cup juice. After the juice has boiled 20 minutes add the sugar, and stir till dissolved. Take off, put into glasses and cover with close tin tops.

# BLACKBERRY JELLY.

Take blackberries before they are ripe, when they are turned red, put them in a porcelain kettle and cook until reduced to a

pulp; then strain them and to I pint juice add I pound sugar. Boil to a jelly.

## CRANBERRY JELLY.

Stew the cranberries until they are tender, then pour into a jelly-bag and let drip over night; take I pound sugar to each pint of juice; let the juice boil 5 minutes, then pour in the sugar and stir until thoroughly dissolved.

# CRANBERRY JELLY, NO. 2.

Dainty cranberry jelly is made by boiling I quart berries in I pint water until soft. Strain, add I cup sugar to each cup of juice and let it just come to a boil. Wet the molds with cold water and pour the juice into them. Serve in an oval glass dish.

## CRAB-APPLE JELLY.

Boil the fruit whole in water enough to cover it until perfectly soft, then pour into a coarse linen bag and let it drip until it ceases, then press it a little. Allow I pound sugar to each pint juice. If you choose add the juice of I lemon to each quart of syrup. Boil the juice first, then skim it; heat the sugar in a dish in the oven and add it as the juice boils up. Boil gently 20 minutes and pour in tumblers or molds.

## CURRANT JELLY.

From the *Home Messenger* we copy the following: This recipe is the only one which we will warrant to make good jelly against odds. We have made jelly by it on the fifth of July and on the fifteenth, and each time it was a perfect success. While we recommend all persons to make their jelly from fresh fruit, early in the season, we can still assure those who are behindhand that they need not despair of jelly that will set firm and hard later in the season. Run the currants through your hand picking out the leaves and any stray thing that may adhere to them but leaving the currants on their stems. Weigh the fruit, being accurate in remembering the number of pounds. Put I pint water into your preserving kettle and add a bowl or two of currants, mashing and pressing

them till you have sufficient juice to cover the bottom of the kettle; then add the remainder of the currants; let them come to a boil and boil at least 20 minutes, of course stirring and pressing them from time to time that they may not burn. Have a threecornered bag of thin but strong unbleached cotton that has been well scalded and wrung till almost dry; hang it up and pour the boiled currants into it. Let it drip into a stone crock all night, but by no means squeeze it, the currants will drain perfectly dry. In the morning pour the strained juice into the preserving kettle without measuring; let it come to a boil and boil thoroughly for 3 or 4 minutes, then pour 1/2 as many pounds of sugar as you had pounds of currants. For instance, I peck currants will probably weigh 12 pounds; therefore use 6 pounds sugar. The moment the sugar is entirely dissolved the jelly is done. To make sure of the sugar being entirely dissolved see that it begins to jelly on the ladle. It will look thick and drop thick and a little stringy, but if let heat beyond this point it will loose its thickness and not jelly nearly so well and always disappoint you if you lose faith in your instructions and insist upon 'letting it come to a boil.' All the boiling is done before you put in the sugar.

## FOUR-FRUIT JELLY.

Take equal quantities of ripe strawberries, raspberries, currants, and red cherries; all should be fully ripe, and the cherries must be stoned, taking care to preserve the juice that escapes in stoning, and add it to the rest. Mix the fruit together, put it into a linen bag, and squeeze it thoroughly; when it has ceased to drip, measure the juice, and to each pint allow I pound and 2 ounces of the best loaf sugar, in large lumps. Mix the juice and sugar together; put them in a porcelain-lined preserving-kettle, and boil for ½ hour, skimming frequently. Try the jelly by dipping out a spoonful, and holding it in the open air; if it congeals readily it is sufficiently done.

## GRAPE JELLY.

Put the grapes into a preserving-kettle and heat, bruising them meantime with a potato masher, until the juice runs freely, then

strain through a sieve or thin cloth and measure I pint juice for I pound sugar. Boil the juice 15 or 20 minutes before putting in the sugar; after adding the sugar let it boil from 3 to 5 minutes. All fruit will form more readily into a jelly if not quite ripe.

## PEACH JELLY.

Crack 1/3 of the kernels and put them into the jar with the peaches, which have been wiped, stoned and sliced. Heat in a pot of boiling water, stirring occasionally until the fruit is well broken; strain, and to each pint of peach juice add the juice of I lemon; measure again and to each pint of juice allow I pound sugar. Heat the sugar very hot and add when the juice has boiled 20 minutes. Let it come to a boil and take instantly from the fire.

## PIE-PLANT JELLY.

Stew the stalks until tender in a preserving-kettle; strain through a jelly-bag; flavor with extract of lemon. To each pint of juice add I pound sugar; boil until it jellies on the skimmer; remove it from the fire and put into jars.

## PLUM JELLY.

Boil plums in a little water, strain through a jelly-bag, add I pound sugar to I pint juice and boil 20 minutes.

# QUINCE JELLY.

Peel, cut up and core some fine, ripe quinces; put them in sufficient cold water to cover them and stew gently till soft, but not red; strain the juice without pressure, weigh, and to each pound of juice allow I pound crushed sugar, boil the juice 20 minutes, add the sugar and boil again until it jellies—about ¼ hour; stir and skim well all the time; strain through thin cloth into your jelly glasses, and when cold, cover it. The remainder of the fruit can be made into marmalade, with ¾ pound sugar and ¼ pound juicy apples to each pound of quinces, or it can be made into compotes or tarts.

## QUINCE JELLY, NO. 2.

Take the cores and parings of the quinces, put them in enough cold water to cover them, and boil until they are soft; squeeze and add the juice to the water, and any syrup which may be left from the quince preserve, and strain it; to each pint of juice allow I pound sugar; spread the sugar in pans; put it in the oven to heat; it must be watched and stirred to prevent burning; let the juice boil for 5 minutes, then pour in the hot sugar, stirring until it is entirely dissolved, and skimming any scum that may rise; there will be very little; let it come to a boil, then take from the fire and put in jars or glasses; the jelly will be clear, of a good color, and keep well. All kinds of jellies can be made in the same way, and it saves much labor in the time of boiling the juices and the trouble of skimming.

#### MOLDINESS.

Fruit jellies may be preserved from moldiness by covering the surface 1/4 inch deep with finely pulverized loaf sugar. Thus protected, they will keep in good condition for years.

# TO TEST JELLY.

A good and quick way to test jelly, to see if it is done, is to drop a little into a glass of cold water—ice-water if possible—if it falls to the bottom immediately, the jelly is done.

# GELATINE JELLIES.

# COFFEE JELLY.

One pint sugar, I of strong coffee, I½ pints boiling water, ½ pint cold water, I box gelatine; soak the gelatine 2 hours in the cold water; pour the boiling water on it, and when it is dissolved, add the sugar and coffee; strain, turn into molds, and set away to harden. This is to be served with sugar and cream.

## CIDER JELLY.

One box gelatine, I pint sugar, 2½ pints cider, ½ pint cold water; soak the gelatine in the cold water for 2 hours; let the cider come to a boil, and pour it on the gelatine; add the sugar, strain through a napkin, and turn into molds; when cold place in the refrigerator for 6 or 8 hours.

## LEMON SNOW JELLY.

Dissolve I box gelatine in nearly I quart boiling water, then add the juice of 5 lemons and enough sugar to sweeten to taste; strain and set aside until nearly cool; beat the whites of 5 eggs and whip into the jelly; turn into a dish and set until cool; after it becomes solid, decorate with pieces of red jelly.

## LEMON JELLY.

Two cups sugar, I of lemon-juice, I quart boiling water, I cup cold water, I box gelatine; soak the gelatine in the cold water for 2 hours; pour the boiling water on it, add the sugar and lemon-juice, strain through a napkin, mold and harden.

# ORANGE JELLY.

One box gelatine, I pint orange-juice, the juice of I lemon, I pint sugar, I½ pints boiling water, ½ pint cold water, the white and shell of I egg; soak the gelatine as for the other jellies; add the boiling water, sugar, the fruit-juice, and the white and shell of the egg, beaten with 2 tablespoons cold water; let the mixture come to a boil, and set back for 20 minutes where it will keep hot but will not boil; strain through a napkin. A pretty way to mold this jelly is to fill the mold to the depth of 2 inches with liquid jelly, and when this is hardened, put on a layer of oranges, divided into eighths; to pour on a little more jelly, to set the fruit, and then fill up with jelly. Keep in the ice-chest for 6 or 8 hours.

# PINE-APPLE JELLY.

One and one-half pint cans pine-apple, I scant pint sugar, the white and shell of I egg, I box gelatine, the juice of I lemon, I quart

boiling water, ½ pint cold water; cut the pine-apple in fine pieces, put with the boiling water, and simmer gently 20 minutes; soak the gelatine in the cold water for 2 hours; add it, the sugar, lemon and pine-apple-juice, and the white and shell of the egg, to the boiling mixture; let this boil up once, and set back for 20 minutes where it will keep hot, but will not boil; strain through a napkin, turn into molds, and set away to harden.

## STRAWBERRY JELLY.

Three pints ripe strawberries, I box gelatine, I pint sugar, I pint boiling water, ½ pint cold water, the juice of I lemon; soak the gelatine for 2 hours in the cold water; mash the berries with the sugar, and let them stand 2 hours; pour the boiling water on the fruit and sugar; press the juice from the strawberries, and add it and the lemon-juice to the dissolved gelatine; strain through a napkin, pour into molds, and harden. Raspberry jelly is made in the same way.

# MARMALADES AND BUTTERS.

#### APPLE BUTTER.

To make good apple butter simply requires good, sweet apples and pure sweet cider. Pare and core the apples and boil until the cider is reduced at least half, or until the whole is a rich dark pulp, stirring constantly. If you like spice, the rule is I tablespoon cinnamon and ½ teaspoon ground cloves to each gallon apple butter, added when done but still hot.

## CHERRY BUTTER.

Boil the cherries till soft; then rub through a colander, and to each pint of pulp add I pint sugar. Boil carefully till thick, like other fruit butters. Can or keep in closely covered jars.

#### LEMON BUTTER.

One and one-half cups sugar, whites of 3 eggs and yolk of I beaten; ½ cup butter; grate the yellow off of 2 medium-sized lemons; then squeeze in the juice and mix all, and cook 20 minutes by setting the basin containing it into a pan of boiling water. Very nice for tarts. This may be made in quantity and kept a long time in cans or jars.

#### PEACH BUTTER.

Pare ripe peaches and put them in a kettle with sufficient water to boil them soft, when sift through a colander, removing the stones. To each quart of peaches put 1½ pounds sugar and boil very slowly I hour. Stir often so they will not burn. When done season with ground spice and cinnamon to taste.

#### PIE-PLANT BUTTER.

Allow I pound sugar to each pound of peeled and cut-up rhubarb; let the rhubarb and sugar simmer gently for I hour, or more if the rhubarb is old and tough. This is a nice preserve, and children should be encouraged to eat it during the winter.

#### PLUM BUTTER.

Scald till they crack open, then when cool put through a colander; measure the plums thus prepared, to which add 3/4 the quantity of sweetening. Season with any desired spice. Boil well 3 hours and it will not require sealing.

#### APPLE MARMALADE.

Peel and slice the apples; weigh and put in a kettle and stew until tender; mash fine and add sugar in proportion of pound to pound; let them cook slowly, stirring frequently; be careful not to allow it to scorch; when the mass has a jellied appearance it is done. About ½ hour will generally be found sufficient for making the marmalade after adding the sugar.

#### ORANGE MARMALADE.

Eighteen sweet ripe oranges, 6 pounds best white sugar; grate the peel from 4 oranges, and reserve it for the marmalade; the rinds of the rest will not be necded; pare the fruit carefully, removing the inner white skin as well as the yellow; slice the oranges; remove the seeds; put the fruit and grated peel in a porcelain or enamel saucepan and boil steadily until the pulp is reduced to a smooth mass; take from the fire and rub quickly through a clean, bright colander, as the color is easily injured; stir in the sugar, return to the fire, and boil fast, stirring constantly ½ hour, or until thick; put while warm into small jars, but do not cover until cold; this is a handsome and delicious sweetmeat.

### PINE-APPLE MARMALADE.

Pare, slice, core and weigh the pine-apple; then cut into small bits; make a syrup of I cup water to 2 pounds sugar; melt and heat to a boil; heat the chopped pine-apple in a vessel set in another of boiling water, covering it closely to keep in the flavor; when it is smoking hot all through, and begins to look clear, add to the syrup; boil together ½ hour, stirring all the while, or until it is a clear, bright paste.

#### PEACH MARMALADE.

Pare, stone, and weigh the fruit; heat slowly to draw out the juice, stirring up often from the bottom with a wooden spoon; after it is hot, boil quickly, still stirring, 3/4 hour; add then the sugar, allowing 3/4 pound to each pound of the fruit; boil up well for 5 minutes, taking off every particle of scum; add the juice of 1 lemon for every 3 pounds fruit, and the water in which 1/4 of the kernels have been boiled and steeped; stew all together 10 minutes, stirring to a smooth paste, and take from the fire; put up hot in air-tight cans, or, when cold, in small stone or glass jars, with brandied tissue paper fitted neatly to the surface of the marmalade. A large, ripe pine-apple, pared and cut up fine, and stirred with the peaches, is a fine addition to the flavor. Strawberries, raspberries, blackberries and grapes all make nice marmalades.

## PLUM MARMALADE.

Choose plums that are fully ripe; scald them till the skins peel off, and take out the stones. Allow 1½ pounds sugar to 1 pound fruit; let them lie in the sugar a few hours, then boil to a smooth mass.

#### PUMPKIN MARMALADE.

Take ripe, yellow pumpkins, pare and cut them into large pieces, scraping out the seeds with an iron spoon; weigh the pieces, and to each pound allow I pound white sugar, and I small orange or lemon; grate the pieces of pumpkin on a coarse grater, and put, together with the sugar, into a preserving-pan, the yellow rind of the orange grated, and the juice strained. Let all boil slowly, stirring it frequently and skimming it well till it is a smooth, thick marmalade; put it warm into small glass jars or tumblers and lay a double round of tissue paper with a bladder or waxed paper.

## QUINCE MARMALADE.

Pare and core the fruit and cut it up rather fine; cover with water and cook until tender; meanwhile, in another kettle simmer the cores and skins in sufficient water to keep them from burning; strain off the gelatinous liquid which will have formed, and add it to the quince pulp, with 3/4 pound sugar to I pound of the fruit; boil the whole, stirring constantly, until it is a smooth mass; try it as in making jelly, and when it assumes a firm consistency make it up in jars or bowls as convenient; cover tightly and keep in a dry place; it will keep perfectly the year round.

### QUINCE CHEESE

Is marmalade boiled down very thick and packed into small pots; it will turn out as firm as cheese and can be cut in slices for luncheon or tea.

### PRESERVES.

## APPLE PRESERVES.

Take 34 pound sugar to each pound apples; make a syrup of the sugar and water, and a little lemon-juice or sliced lemon; skim off all scum and put a few apples at a time into the syrup and boil until they are transparent; skim out and put in a jar; when all are done, boil the syrup down thick; pour boiling hot over the apples, and cover closely. Well-flavored fruit, not easily broken, should be selected.

#### APRICOT PRESERVES.

Proceed the same as for preserving peaches, save that apricots, having a smooth, thin skin, do not require paring.

#### CITRON PRESERVES.

Pare and take out the seeds and cut them in pieces I inch thick and 2 inches in length; weigh them and put into a preserving-kettle and cook them until they are clear, or steam them, then make a syrup of their weight in sugar with water and add 2 sliced lemons for each pound of fruit; put the citron into the syrup, a part at a time, and boil about 15 minutes; skim out and put into a jar; when all has been thus cooked, boil the syrup down thick, and pour over it; cover closely with paper which the air cannot penetrate, or use air-tight jars.

# CITRON PRESERVES, NO. 2.

First, peel and cut the citron in pieces I inch square; then boil in water until soft; drain off the water and add I pound sugar to each pound citron; to every 5 pounds preserve add I pound raisins, I lemon sliced, ½ ounce white cloves, I ounce stick cinnamon; dissolve the sugar, and when hot, add the fruit and simmer slowly for 2 hours.

### CURRANT PRESERVES.

Take 10 pounds currants and 7 pounds sugar; pick the stems from 7 pounds of the currants and press the juice from the other 3 pounds; when the juice and sugar are made into a hot syrup, put in the currants and boil until thick and rich.

#### GOOSEBERRY PRESERVES.

Gooseberries need but I pound sugar to I quart fruit, sour as they are; boil the sugar, dissolved in water, 20 minutes, add the fruit and let it boil 5 minutes, and then take off the fire and set it aside for 24 hours. The second day boil the fruit and syrup until clear and thick.

### BRANDIED CHERRIES OR BERRIES.

Make a syrup of I pound sugar and ½ gill water for each 2 pounds fruit; heat to boiling, stirring to prevent burning, and pour over the fruit while warm—not hot; let them stand together I hour; put all into a preserving-kettle, and heat slowly; boil 5 minutes, take out the fruit with a perforated skimmer, and boil the syrup 20 minutes; add I pint brandy for each 5 pounds fruit; pour over the berries hot, and seal.

#### PRESERVED ORANGES.

Take any number oranges, with rather more than their weight in white sugar; slightly grate the oranges, and score them round and round with a knife, but do not cut very deep; put them in cold water for 3 days, changing the water 2 or 3 times a day; tie them up in a cloth, boil them until they are soft enough for the head of a pin to penetrate the skin; while they are boiling place the sugar on the fire, with rather more than ½ pint water to each pound; let it boil for I or 2 minutes, then strain it through muslin; put the oranges into the syrup till it jellies and is a yellow color; try the syrup by putting some to cool; it must not be too stiff; the syrup need not cover the oranges, but they must be turned, so that each part gets thoroughly done.

### PRESERVED PINE-APPLE.

Pare, cut into slices, take out the core of each one, and weigh, allowing pound for pound of sugar and fruit; put in alternate layers in the kettle and pour in water, allowing I cup to each pound of sugar; heat to a boil; take out the pine-apple and spread upon dishes in the sun; boil and skim the syrup ½ hour; return the pine-apple to the kettle and boil fifteen minutes; take it out, pack in wide-mouth jars, pour on the scalding syrup; cover to keep in the heat, and, when cold, tie up, first putting brandied tissue-paper upon the top.

#### PRESERVED PLUMS OR CHERRIES.

Make a syrup of clean, brown sugar, and clarify it; when perfectly clear and boiling hot, pour it over the plums, having picked out all the unsound ones and stems; let them remain in the syrup 2 days then drain it off; make it boiling hot, skim it, and pour it over again; let them remain another day or two, then put them into a preserving kettle over the fire, and simmer gently until the syrup is reduced, and thick or rich; I pound sugar to each pound of plums; small damsons are very fine preserved, as are cherries, or any other ripe fruit; clarify the syrup, and when boiling hot, put in the plums; let them boil very gently until they are cooked, and the syrup rich; put them in pots or jars the next day; secure as directed.

If the syrup in which plums are to be preserved is very hot when they are dropped into it, they will cook so quickly that they will not lose their shape, and if put into cans with care will repay one for taking the trouble.

#### PURPLE PLUMS PRESERVED.

Take an equal weight of fruit and nice sugar; take a clean stone jar and fill it with the fruit and sugar in layers; cover them and set the jar in a kettle of water over the fire; let them stand in the boiling water all day, filling up the kettle as the water boils away; if at any time they seem likely to ferment, repeat this process; it is a simple and excellent way of preserving plums.

#### PRESERVED PEARS.

Pare them very thin, and simmer in a thin syrup; let them lie a day or two; make the syrup richer and simmer again; repeat this till they are clear; then drain and dry them in the sun or a cool oven a little time; or they may be kept in the syrup and dried as wanted, which makes them richer.

#### BRANDY PEACHES.

Drop the peaches in hot water, let them remain till the skin can be stripped off; make a thin syrup, and let it cover the fruit; boil the fruit till they can be pierced with a straw; take it out, make a very rich syrup, and add, after it is taken from the fire, and while it is still hot, an equal quantity of brandy; pour this, while it is still warm, over the peaches in the jar; they must be covered with it.

#### PEACH PRESERVES.

Take any nice peaches that will not cook to pieces, pare them and take out the pits; take their weight in sugar, or, if they are to be canned, 3/4 pound sugar to each pound of fruit, and I coffeecup water to each pound of sugar. Boil part of the pits in the water until the flavor is extracted, then remove the pits; add about as much water as has evaporated, then add the sugar; skim thoroughly, then add a small quantity of fruit at a time, cook slowly for about 10 minutes, skim out into a jar, then add more. When all are done, pour the boiling syrup over them. The next day drain off the syrup and boil again and pour back; do the same for 2 or 3 days, then make them air-tight with paper as directed for jellies; or, if to be sealed in cans, the first boiling is sufficient. Cling-stone peaches are preserved the same way, whole, except that they must be cooked longer.

### PERSIMMON PRESERVES.

Select firm, ripe persimmons, and take the equivalent of their weight in sugar. Let the persimmons lie in cold water 12 hours. Put them on the fire in enough water to cover them and stew gently until they are tender. Take them out with a split spoon

and spread them out to become cool and firm. Make a syrup by adding I cup cold water to each pound of sugar and boiling until clear, skimming constantly. When clear, put in the persimmons and cook IO minutes. Take them out, spread again upon dishes and set these in the sun. Add the juice and peel of 2 lemons to the syrup, boil it thick, return the persimmons to it, cook 20 minutes more, pour into glass jars. Seal when cold.

# QUINCE PRESERVES.

Pare and core the quinces, and cut into halves or quarters, as suits the size of your jars; let them stand over night in enough cold water to cover them; in the morning put them in the kettle with the same water and let them cook gently until you can just stick a fork in them; take the fruit out with a skimmer, weigh it, and to each pound of fruit allow I pound sugar; put the fruit and sugar into the kettle, with enough of the water to make a good syrup, and let them boil gently until they are clear; take out carefully with the skimmer and put into the jars; fill the jars to the top with the syrup. If there is a large quantity of fruit, and the kettle is not large, it is best to put the fruit in the syrup a little at a time.

### STRAWBERRY PRESERVES.

Put 2 pounds sugar in a bright tin pan over a kettle of boiling water, and pour into it ½ pint boiling water; when the sugar is dissolved and hot, put in fruit, and then place the pan directly on the stove or range; let boil 10 minutes or longer if the fruit is not clear, gently (or the berries will be broken) take up with a small strainer, and keep hot while the syrup is boiled down until thick and rich; drain off the thin syrup from the cans, and pour the rich syrup over the berries to fill, and screw down the tops immediately; the thin syrup poured off may be brought to boiling, and then bottled and sealed, to be used for sauces and drinks.

#### PRESERVED GREEN TOMATOES.

Eight pounds small, green tomatoes; pierce each with a fork; 7 pounds sugar, juice of 4 lemons, I ounce ginger and mace mixed;

heat all together slowly and boil until the fruit is clear; remove from kettle with skimmer and spread upon dishes to cool; boil the syrup thick; put the fruit in jars and cover with hot syrup.

### PRESERVED RIPE TOMATOES.

Seven pounds round yellow or egg tomatoes, peeled, 7 pounds sugar, juice of 3 lemons; let them stand together over night, drain off the syrup and boil it, skimming well; put in the tomatoes, and boil gently 20 minutes; take out the fruit with a perforated skimmer and spread upon dishes; boil the syrup down until it thickens, adding, just before taking it up, the juice of the 3 lemons; put the fruit into the jars and fill up with hot syrup. When cold seal up.

### CANDIED LEMON PEEL.

Twelve fresh, thick-skinned lemons, 4 pounds loaf sugar, a little powdered alum, 3 cups clear water; cut the peel from the lemons in long, thin strips, and lay in strong salt and water all night; wash them in 3 waters next morning, and boil them until tender in soft water; they should be almost translucent, but not so soft as to break; dissolve a little alum—about ½ teaspoon, when powdered—in enough cold water to cover the peel, and let it lie in it for 2 hours; by this time the syrup should be ready; stir the sugar into 3 cups water, add the strained juice of 3 lemons and boil it until it "ropes" from the end of the spoon; put the lemon peels into this, simmer gently ½ hour; take them out and spread upon a sieve; shake, not hard, but often, tossing up the peels now and then, until they are almost dry; sift granulated sugar over them and lay out upon a table spread with a clean cloth; admit the air freely, and, when perfectly dry, pack in a glass jar.

# SPICED FRUITS.

#### SPICED BLACKBERRIES.

To 6 pints fruit take 2½ pints sugar, 1½ pints vinegar, ½ ounce cinnamon, ground, ½ ounce cloves, ½ ounce allspice, a little

mace broken in small pieces; boil the sugar and vinegar together, with the spices, putting these last into muslin bags then put in the berries and let them scald, not boil.

#### SPICED CURRANTS.

Four quarts ripe currants, 3 pounds brown sugar, 1 pint cider vinegar, 1 tablespoon each of allspice and cloves, and a little nutmeg and cinnamon; boil 1 hour, stirring occasionally.

#### SPICED GOOSEBERRIES.

Six quarts gooseberries, ripe or green, 9 pounds sugar, I pint vinegar, not too strong, I tablespoon each of cinnamon, cloves and allspice; put the berries in the kettle with ½ the sugar and a little water; boil 1½ hours; when nearly done, add the rest of the sugar; set it off the fire and add the spices and vinegar.

#### SPICED GRAPES.

Take the pulp from the fruit, preserving the skins; boil the pulp and run through a colander to get out the seeds, then add the skins to the strained pulp and boil with the sugar, vinegar and spices; to every 7 pounds grapes use  $4\frac{1}{2}$  pounds sugar, 1 pint good vinegar; spice quite highly with ground cloves and allspice, with a little cinnamon.

#### SPICED PEACHES.

Five pounds peaches, 2 of brown sugar, I quart vinegar, I ounce each of cinnamon, cloves, and mace; wipe the peaches and boil until done in the vinegar and sugar, then take out, put in spices, boil well and pour over.

#### SPICED PLUMS.

Spiced plums are delicious with cold meat; cook the plums in a little water until they are soft; then, so far as possible, remove the stones, sweeten and spice to your taste, and boil until thick; put in large-mouthed bottles and seal, or can in the usual way.

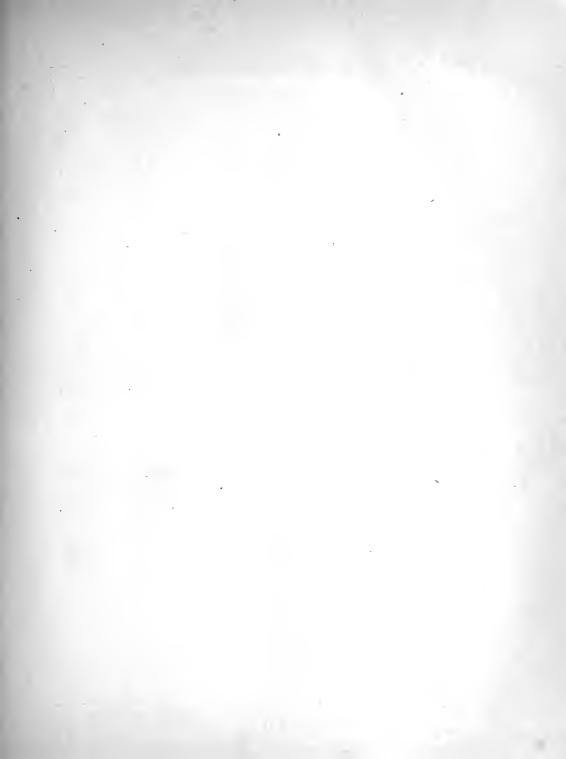
# SPICED PLUMS, NO. 2.

Make a syrup, allowing I pound sugar to I of plums, and to each 3 pounds sugar I scant pint vinegar; allow I ounce each of ground cinnamon, cloves, mace and allspice to I peck plums; prick the plums; add the spices to the syrup, and pour, boiling, over the plums; let these stand 3 days; then skim them out, and boil down the syrup until it is quite thick, and pour hot over the plums in the jar in which they are to be kept; cover closely.

## SPICED NUTMEG MELON.

Select melons not quite ripe; open, scrape out the seeds, peel and slice; put the fruit in a stone jar, and, for 5 pounds fruit take I quart vinegar and 2½ pounds sugar; scald vinegar and sugar together, pour over the fruit; scald the syrup and pour over the fruit for 8 successive days; on the 9th add I ounce stick cinnamon, I of whole cloves, and I of allspice; scald fruit, vinegar and spices together, and seal up in jars. This pickle should stand 2 or 3 months before using. Blue plums are very nice prepared in this way.

See also "Sweet Pickles" in chapter on pickles.





A FISHER MAID OF BRITTANY.

# CHAPTER XI.

# FISH AND SHELL FISH.

Fish, to be eatable, should be perfectly fresh. Nothing else in the line of food deteriorates so rapidly, especially the white fishthose that are nearly free of oil, like cod, cusk, etc. Most of the oil in this class centres in the liver. Salmon, mackerel, etc., have it distributed throughout the body, which gives a higher and richer flavor, and at the same time tends to preserve the fish. People who do not live near the seashore do not get that delicious flavor which fish just caught possess. If the fish is kept on ice until used, it will retain much of its freshness; let it once get heated and nothing will bring back the delicate flavor. Fresh fish will be firm, and the skin and scales bright. When fish looks dim and limp, do not buy it. Fish should be washed quickly in only one (cold) water, and should not be allowed to stand in it. If it is cut up before cooking, wash while whole, else much of the flavor will be lost. For frying, the fat should be deep enough to cover the article, and yet have it float from the bottom. Unless one cooks great quantities of fish in this way it is not necessary to have a separate pot of fat for this kind of frying. The same pot, with proper care, will answer for chops, cutlets, muffins, potatoes, croquettes, etc. All the cold fish left from any mode of cooking can be utilized in making delicious salads, croquettes and escallops.

#### BAKED FISH.

As for the boiled fish, a general rule that will cover all kinds of baked fish is herewith given: A fish weighing about 5 pounds; 3 large, or 5 small crackers, ¼ pound salt pork, 2 tablespoons salt, ¼ teaspoon pepper, ½ tablespoon chopped parsley, 2 tablespoons flour. If the fish has not already been scraped free of scales, scrape and wash clean; then rub into it I tablespoon salt; roll the crackers very fine, and add to them the parsley, I tablespoon

chopped pork, ½ the pepper, ½ tablespoon salt, and cold water to moisten well; put this into the body of the fish, and fasten together with a skewer; butter a tin sheet and put it into a baking-pan; cut gashes across the fish, about ½ inch deep and 2 inches long; cut the remainder of the pork into strips, and put these into the gashes; now put the fish into the baking-pan, and dredge well with salt, pepper, and flour; cover the bottom of the pan with hot water, and put into a rather hot oven; bake I hour, basting often with the gravy in the pan, and dredging each time with salt, pepper and flour; the water in the pan must often be renewed, as the bottom is simply to be covered with it each time; the fish should be basted every 15 minutes; when it is cooked, lift from the pan on to the tin sheet, and slide it carefully into the centre of the dish on which it is to be served; pour around it Hollandaise sauce, tomato sauce, or any kind you like; garnish with parsley.

#### BROILED FISH.

Bluefish, young cod, mackerel, salmon, large trout, and all other fish, when they weigh between ½ pound and 4 pounds, are nice for broiling. When smaller or larger they are not so good. Always use a double broiler, which, before putting the fish into it, rub with either butter or a piece of salt pork. This prevents sticking. The thickness of the fish will have to be the guide in broiling. A bluefish weighing 4 pounds will take from 20 minutes to ½ hour to cook. Many cooks brown the fish handsomely over the coals and then put it into the oven to finish broiling. Where the fish is very thick, this is a good plan. If the fish is taken from the broiler to be put into the oven, it should be slipped on to a tin sheet, that it may slide easily into the platter at serving time; for nothing so mars a dish of fish as to have it come to the table broken. In broiling, the inside should be exposed to the fire first, and then the skin. Great care must be taken that the skin does not burn. Mackerel will broil in from 12 to 20 minutes, young cod, in from 20 to 30 minutes, bluefish, in from 20 to 30 minutes, salmon, in from 12 to 20 minutes, and whitefish, bass, mullet, etc., in about 18 minutes. All kinds of broiled fish can be served

with a seasoning of salt, pepper, and butter, or with any of the following sauces: beurre noir, maitre d'hotel, Tartare, sharp, tomato, and curry. Always, when possible, garnish with parsley or something else green.

#### BOILED FISH.

A general rule for boiling fish, which will hold good for all kinds, and thus save a great deal of time and space, is this: Any fresh fish, weighing from 4 to 6 pounds, should be first washed in cold water and then put in boiling water enough to cover it, containing I tablespoon salt. Simmer gently 1/2 hour; then take up. A fish kettle is a great convenience, and it can be used also for boiling hams. When you do not have a fish kettle, keep a piece of strong white cotton cloth, in which pin the fish before putting into the boiling water. This will hold it in shape. Hard boiling will break the fish, and, of course, there will be great waste, besides the dish not looking so handsome and appetizing. There should be a gentle bubbling of the water, and nothing more, all the time the fish is in it. A fish weighing more than 6 pounds should be cooked 5 minutes longer for every additional 2 pounds. Boiled fish can be served with a great variety of sauces. After you have learned to make them, which is a simple matter, if you cannot get a variety of fish you will not miss it particularly, the sauce and mode of serving doing much to change the whole character of the dish. Many people put a tablespoon of vinegar in the water in which the fish is boiled. The fish flakes a little more readily for it. Small fish, like trout, require from 4 to 8 minutes to cook. They are, however, much better baked, broiled, or fried.

Steamed fish is much superior to boiled, but the ordinary conveniences in private houses do not admit of the possibility of enjoying this delicious way of cooking it.

#### COURT BOULLION.

This preparation gives boiled fish a better flavor than cooking in clear water does. Many cooks use wine in it, but there is no necessity for it. Four quarts water, I onion, I slice carrot, 2 cloves, 2

tablespoons salt, I teaspoon pepper, I tablespoon vinegar, the juice of ½ lemon, and a bouquet of sweet herbs are used. Tie the onion, carrot, cloves, and herbs in a piece of muslin, and put in the water with the other ingredients. Cover and boil slowly for I hour. Then put in the fish and cook as directed for plain boiling.

#### FRIED FISH.

All small fish, like brook trout, smelts, perch, etc., are the best fried; they are often called pan-fish for this reason; they should be cleaned, washed and drained, then well salted, and rolled in flour and Indian meal (1/2 of each) which has been thoroughly mixed and salted; for every 4 pounds fish have ½ pound salt pork, cut in thin slices, and fried a crisp brown; take the pork from the pan and put the fish in, having only enough to cover the bottom; fry brown on one side; turn and fry the other side; serve on a hot dish, with the salt pork as a garnish; great care must be taken that the pork or fat does not burn, and yet to have it hot enough to brown quickly; cod, haddock, cusk, and halibut are all cut in handsome slices and fried in this manner; or, the slices can be well seasoned with salt and pepper, dipped in beaten egg, rolled in bread or cracker crumbs, and fried in boiling fat enough to cover; this method gives the handsomer dish, but the first the more savory; when Indian meal is not liked, all flour can be used; serve very hot; any kind of fried fish can be served with beurre noir, but this is particularly nice for that which is fried without pork; when the cooked fish is placed in the dish, pour the butter over it, garnish with parsley and serve.

#### STEWED FISH.

Six pounds of any kind of fish, large or small; 3 large pints water, ½ pound pork, or ½ cup butter; 2 large onions, 3 table-spoons flour, salt and pepper to taste; cut the heads from the fish, and cut out all the bones; put the heads and bones on to boil in the 3 pints water; cook gently ½ hour; in the meanwhile cut the pork in slices and fry brown; cut the onions in slices and fry in the pork fat; stir the dry flour into the onion and fat and cook 3 minutes, stirring all the time; now pour over this the water in which

the bones have been cooking and simmer 10 minutes; have the fish cut in pieces about 3 inches square; season well with salt and pepper and place in the stewpan; season the sauce with salt and pepper and strain on the fish; cover tight and simmer 20 minutes; a bouquet of sweet herbs, simmered with the bones, is an improvement; taste to see if the sauce is seasoned enough, and dish on a large platter; garnish with potato balls and parsley; the potato balls are cut from the raw potatoes with a vegetable scoop, and boiled 10 minutes in salted water; put them in little heaps around the dish.

### SCALLOPED FISH.

Pick any cold fresh fish, or salt codfish, left from the dinner, into fine bits, carefully removing all the bones. Take I pint milk in a suitable dish, and place it in a sauce-pan of boiling water; put into it a few slices of onion, cut very fine, a sprig of parsley minced fine, add a piece of butter as large as an egg, a pinch of salt, a sprinkle of white pepper, then stir in 2 tablespoons corn-starch, or flour, rubbed in a little cold milk; let all boil up and remove from the fire; take a dish you wish to serve it in, butter the sides and bottom; put first a layer of the minced fish, then a layer of the cream, then sprinkle over that some cracker or bread-crumbs; then a layer of fish again, and so on, until the dish is full; spread cracker or bread-crumbs last on the top, to prevent the milk from scorching, and bake. This is a very good way to use up cold fish, making a nice breakfast dish, or a side-dish for dinner.

### FISH CAKES.

One pint salt codfish picked very fine, 2 pints whole, raw, peeled potatoes; put together in cold water and boil till the potatoes are thoroughly cooked; remove from the fire and drain off all the water; mash with potato masher, add piece of butter size of an egg, 2 well-beaten eggs and a little pepper; mix well with a wooden spoon; have a frying pan with boiling lard or drippings into which drop a spoon of mixture and fry brown; do not freshen the fish before boiling with potatoes, and do not mold the cakes but drop from spoon.

#### FISH CHOWDER.

Fry some thin slices of fat pork in a saucepan until nicely browned; now cut the pork into small pieces and put it with the drippings in which it was fried into a kettle; over this put a layer of thinly sliced onions; then a layer of any nice fresh fish cut in pieces 2 or 3 inches square, the skin and bones having been previously removed; add white and cayenne pepper and salt to taste, and, if you like, minced parsley or curled cress; on this put a layer of split Boston or milk crackers, previously soaked until moist, not ready to fall to pieces, in hot water or milk; proceed in the same order with the next layers omitting the pork; repeat according to quantity required, cover with cold water and let simmer until done, which will require nearly an hour; the last layer should be of crackers; I cup sweet cream, into which you have stirred I scant tablespoon flour, will improve your chowder; some prefer to put a layer of sliced raw potatoes between the onions and fish.

#### PICKLED FISH.

Spice the vinegar, cooking the spices in a bag; when hot put the fish in and let it boil slowly until tender; take out carefully and lay away in a stone jar.

#### FISH PIE.

Take the remains of any fish, flake it, and free it from bone and skin, put it in a pie dish, season with pepper and salt and a little melted butter, if handy; if not, use bits of butter; cover the whole with a layer of smoothly mashed potatoes, and set it in the oven to heat through; if the potatoes are not browned enough pass a hot salamander over the top, which may also be brushed over with beaten up yolk of egg before putting it into the oven.

#### POTTED FISH.

Let the fish lie in salt water for several hours, then cut in slices and place in a jar with cloves, allspice, cinnamon, pepper and salt, sprinkle over the top a little flour and butter, cover close, and bake 5 hours, take out of the jar and press in a bowl. Cut in slices when cold and serve with jelly.

#### FISH PUDDING.

Take 3 pounds of any fish suitable for boiling. Have 2 cups milk scalding hot, and put to it a good-sized piece of butter into which you have rubbed I large tablespoon flour. Lay the fish into the milk after stirring in the butter and flour, then add 2 tablespoons cold milk, salt and pepper, with a very slight sprinkling of nutmeg. Pour into a buttered pudding-dish and bake I hour in a good oven. Serve with caper sauce.

#### CATFISH.

Take a large catfish and cut it up into pieces 2 inches in length and I inch thick. Beat up 3 eggs with a little salt and pepper and I teaspoon Worcestershire; dip the fish in the egg-batter, and roll in corn meal or bread crumbs. Fry a deep brown, garnish with lemon, parsley, or celery tops, and send to table with a cucumber salad.

#### SCALLOPED BLOATER.

Flake 2 or 3 salted herrings, free from bone and skin, and lay a layer of the herring in a tin baking-dish; put in some pepper corns and sprinkle finely chopped onion over it, and then a layer of bread crumbs; repeat these layers till the dish is full, finishing off with bread crumbs and a few bits of butter or good dripping. Bake in a moderate oven. A little lemon-juice is a great improvement.

#### BROILED SALT CODFISH.

Cut ½ small codfish into medium sized square pieces, split them in two and soak them over night in cold water. Drain and dry them in a napkin next morning. Rub a little butter over each piece and broil them. Place them on a platter and pour a little melted butter over them.

Drawn butter is sometimes served with this dish. It should be very smooth looking and have a starchy appearance. Divide 3

ounces butter into little balls. Dredge them with flour. Put 1/4 of them into a saucepan, and when they begin to melt whisk to a smooth consistency. Now add I more of the floured balls and whisk thoroughly until incorporated with the first. Repeat this process until all are used When smooth and thick stir in I teaspoon lemon-juice, and, if liked, a little chopped parsley.

## CODFISH BALLS.

Pick the fish fine, and freshen. Boil potatoes and mash them; mix fish and potatoes together while potatoes are hot, taking  $\frac{1}{3}$  potatoes and  $\frac{1}{3}$  fish. Put in plenty of butter; make into balls, and fry in hot lard.

#### DROPPED FISH BALLS.

One pint raw fish, 2 heaping pints pared potatoes (let the potatoes be under medium size), 2 eggs, butter the size of 1 egg, and a little pepper; pick the fish very fine, and measure it lightly in the bowl; put the potatoes into the boiler, and the fish on top of them; then cover with boiling water, and boil ½ hour; drain off all the water, and mash fish and potatoes together until fine and light; then add the butter and pepper, and the egg, well-beaten; have a deep kettle of boiling fat; dip a tablespoon in it, and then take up a spoonful of the mixture, having care to get it into as good shape as possible; drop into the boiling fat, and cook until brown, which should be in 2 minutes; be careful not to crowd the balls, and also that the fat is hot enough; the spoon should be dipped in the fat every time you take a spoonful of the mixture. These balls are delicious.

### BOILED COD WITH LOBSTER SAUCE.

Boil the fish as directed (see "Boiled Fish"), and, when done, carefully remove the skin from one side; then turn the fish over on to the dish on which it is to be served, skin side up; remove the skin from this side; wipe the dish with a damp cloth; pour a few spoons of the sauce over the fish, and the remainder around it; garnish with parsley, and serve. This is a handsome dish. For lobster sauce see "Sauces."

#### CASSEROLE OF COD.

One pound cod, I dozen oysters, 2 ounces butter, ½ pint milk, I tablespoon flour; pull the fish into flakes; make a sauce of the flour, butter, and milk, and the liquor of the oysters; season with pepper and salt, add the fish, and boil once; stir in the oysters, and fill the casserole. See "Casserole of Rice."

#### MATELOTE OF CODFISH.

Cut off the head of a codfish weighing 5 pounds; remove bones from the fish, and fill it with a dressing made of ½ pint oysters, I scant pint bread-crumbs, ¼ teaspoon pepper, 2 teaspoons salt, 2 tablespoons butter. ½ onion, I egg, and ½ tablespoon chopped parsley; place 5 slices pork both under and over the fish; boil the bones in I pint water, and pour this around the fish; bake I hour and baste often with gravy and butter; have a bouquet in the corner of the baking-pan; make a gravy and pour around the fish; then garnish with fried smelts.

#### COLD BOILED FISH A LA VINAIGRETTE.

If the fish is whole take off the head and skin, and then place it in the center of a dish; have 2 cold hard-boiled eggs, and cut fine with a silver knife or spoon (steel turns the eggs black); sprinkle the fish with this, and garnish either with small lettuce-leaves, water-cresses, or cold boiled potatoes or beets cut in slices; place tastefully around the dish, with here and there a sprig of parsley; serve the vinaigrette sauce in a separate dish; help to the garnish when the fish is served, and pour I spoon of the sauce over the fish as you serve it. This makes a nice dish for tea in summer, and takes the place of a salad, as it is, in fact, a kind of salad.

If the fish is left from the dinner, and is broken, pick free from skin and bones, heap it lightly in the center of the dish, sprinkle the sauce over it, and set away in a cool place until tea-time; then add the garnish, and serve as before. Many people prefer the latter method, as the fish is seasoned better and more easily served; the cold fish remaining from a bake or broil can be served in the same

manner. This same dish can be served with a sauce piquante or Tartare sauce, for a change.

#### FRIED EELS.

After cleaning the eels well, cut them in pieces 2 inches long; wash them and wipe them dry; roll them in wheat flour or rolled cracker, and fry as directed for other fish, in hot lard or beef dripping, salted; they should be browned all over, and thoroughly done. Eels are sometimes dipped in batter and then fried, or into egg and bread-crumbs. Serve with crisped parsley.

#### EEL PATTIES.

Take 3 medium-sized eels and cut them up into inch pieces; put them in a stew-pan, add salt, and cover them with cold water; when the water comes to a boil take them off the fire, wash them in cold water, scrape off any fat that may adhere, return them to the stew-pan with just enough water to cover them, and I blade mace, I bay-leaf, a few whole peppers, a few sprigs parsley, and I lemon cut into slices; stew gently until the fish will separate from the bone; remove the fish from the broth, pick it into small pieces, and set them aside; reduce the broth a little, strain, and thicken with flour and butter; return the fish to the broth, simmer a moment, fill your patties, and serve; make patty-shells as directed for oyster patties.

#### POTTED EELS.

After cleaning your eels and cutting off their heads, cut them into pieces about 2 inches long; put them into a brown earthen pot, to which, if there is not an earthen cover, have a tin one; season them with salt, pepper, allspice, and a few sprigs of parsley and thyme; pour over the cels a little more vinegar and water than will cover them; put on the lid and set the pot into a slow oven; they should not be too much done; as soon as the flesh will come away from the bones they are done enough. Herrings may be potted in the same way.

# EELS Á LA TARTARE.

Cut the eels into pieces about 4 inches long. Cover them with boiling water in which let them stand 5 minutes, and then drain them. Now dip in beaten egg which has been well salted and peppered, then in bread or cracker crumbs. Fry in boiling fat for 5 minutes. Have Tartare sauce spread in the center of a cold dish. Place the fried eels in a circle on this; garnish with parsley, and serve.

#### FLOUNDERS.

Lay the fish on a board, cut off head, fins, and tail and scrape off the skin. Quarter the fish lengthwise, and take out the bone leaving 4 strips of the flesh. Cut these into pieces about 3 inches each in length, dip these first into beaten egg, and then roll in cracker crumbs. Fry in boiling lard or dripping, having it as hot as would be required for doughnuts. Drain dry of all fat in a colander on soft white or tissue paper. Serve on a white napkin laid on a very hot dish, and garnish with bits of parsley and with sliced lemon. Pass quarters of lemon with the fish, as a few drops of the juice squeezed over it greatly improves the taste. This is a capital imitation of the famous English sole.

#### BROILED HALIBUT.

Season the slices with salt and pepper, and lay them in melted butter for ½ hour, having them well covered on both sides. Roll in flour and broil for 12 minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about 1 inch thick, and for each pound there should be 3 tablespoons butter.

# BROILED HALIBUT WITH MAITRE D'HOTEL BUTTER.

Butter both sides of the broiler. Season the slices of halibut with salt and pepper, place them in the broiler and cook over clear coals for 12 minutes, turning frequently. Place on a hot dish, and spread on them the sauce, using I spoon to each pound. Garnish with parsley.

#### BAKED HALIBUT.

Take a piece of halibut weighing about 4 pounds. Lay it in salt and water for I hour before cooking. Wipe dry, score it across the top with a sharp knife and lay it in a dripping-pan. Bake about I hour in a steady oven and baste several times with hot water and melted butter. When it is done lay it on a hot dish, strain the gravy left in the pan and boil up after adding 2 teaspoons butter rubbed smooth with 2 tablespoons browned flour. Just before taking from the fire add I tablespoon Worcestershire sauce and the juice of I lemon. Pour part of the gravy over the fish and pass the rest in a gravy boat.

### ESCALLOPED HALIBUT.

Put a halibut steak, weighing about I pound, in the middle of a pan; sprinkle it with salt and a little onion, chopped fine; then spread with tomato enough to cover the fish; then cover with bread crumbs; add a little butter and salt; then garnish the dish with more tomatoes, and bake 20 minutes; better to bake on dish to serve on.

#### BAKED HADDOCK.

Rub 1½ ounces bread crumbs and I ounce dripping well together; I dessert spoon chopped parsley, I onion, a little salt and pepper; bind all together with I tablespoon milk; stuff the haddock with the mixture, sew it up neatly and put it into a bakingpan; brush it over with melted drippings or butter; sprinkle it with I ounce bread crumbs and bake in a moderate oven, basting it occasionally.

# STEWED HADDOCK.

Place the haddock in a pan of salted water and simmer I hour; lay the fish, minus the head, on a platter; pour over it drawn butter; then spread with mashed potatoes enough to cover it nicely; over the potatoes spread the whites of 4 eggs, put in the oven and bake a light brown.

## MACKEREL BALLS.

Let the fish stand in the water over night; in the morning pour some boiling water over it; pick it carefully from the bones, and add an equal quantity of cold mashed potatoes, 2 beaten eggs and a pinch of pepper; shape into balls and fry in hot butter.

## SALT MACKEREL.

Soak for a day or two, after taking out of the brine, in cold water or buttermilk; lay in a pan with the flesh side down, and change the water occasionally. Just before cooking, lay it into a shallow dish and cover with hot milk, which removes the strong taste; take it out of the milk and wipe dry with a napkin; then lay on a gridiron and broil the same as fresh fish and serve with sauce with lemon-juice.

#### BOILED SALT MACKEREL.

Wash and clean off all the brine and salt; put it to soak with the meat side down, in cold water over night; in the morning rinse it in 1 or 2 waters; wrap each up in a cloth and put it into a kettle with considerable water, which should be cold, cook about 30 minutes; take it carefully from the cloth, take out the back bones and pour over a little melted butter and cream; add a light sprinkle of pepper; or make a cream sauce like the following:

Heat I small cup milk to scalding; stir into it I teaspoon cornstarch, wet up with a little water; when this thickens, add 2 table-spoons butter, pepper, salt, and chopped parsley, to taste; beat an egg light, pour the sauce gradually over it, put the mixture again over the fire, and stir I minute, not more; pour upon the fish, and serve with some slices of lemon, or a few sprigs of parsley or water-cresses, on the dish as a garnish.

#### BAKED SALT MACKEREL.

When the mackerel have soaked over night, put them in a pan and pour on boiling water enough to cover; let them stand 2 minutes, then drain them off and put them in a pan with a few

lumps of butter; pour on ½ teacup sweet cream, or rich milk, and a little pepper; set in the oven and let it bake a little until brown.

### FRIED SALT MACKEREL.

Select as many salt mackerel as required; wash and cleanse them well, then put them to soak all day in *cold* water, changing them every 2 hours: then put them into fresh water just before retiring; in the morning drain off the water, wipe them dry, roll them in flour, and fry in a little butter on a hot, thick-bottom frying-pan. Serve with a little melted butter poured over, and garnish with a little parsley.

#### BOILED FRESH MACKEREL.

Fresh mackerel are cooked in water salted, and a little vinegar added; with this exception, they can be served in the same way as the salt mackerel. Broiled ones are very nice with the same cream sauce, or you can substitute egg sauce.

#### SALMON.

A delicious way to cook salmon is to boil it and serve with a gravy made of butter, flour, pepper, salt, and plenty of oysters; cook the oysters in a very little water, then stir into the sauce. You may prepare canned salmon in this way.

#### SALMON BALLS.

Take some canned salmon, drain it from the oil, and mince very fine; take an equal proportion of mashed potato, and mix thoroughly with the fish, binding it with a little butter and a wellbeaten egg; season highly, and roll into balls; fry them in boiling fat as doughnuts; drain well, and serve very hot.

# SALMON CROQUETTES.

Boil ½ pint milk, thicken with I tablespoon flour, and let it become cold; mince I pound canned salmon or I pound fresh salmon; when very fine add I saltspoon white pepper; moisten the minced salmon with the boiled milk, work to a paste, and add

bread-crumbs if too thin; when wanted, shape into cakes, rolls or cones, dip in egg and crumbs, and fry in hot fat.

#### SALMON SCALLOPS.

One can salmon, I egg, beaten light, I cup bread-crumbs, ½ cup good drawn butter, minced parsley, pepper and salt; open the can some hours before the salmon is to be used; pick the fish fine, removing all bits of bone or skin; stir in the egg and seasoning, and beat the fish into the hot drawn butter; remove from the fire and fill buttered scallop-shells or small pans with the salmon, sprinkle thickly with crumbs, dot with bits of butter, and brown lightly in the oven. Eat from the shells.

#### BAKED SHAD.

Make a dressing of bread-crumbs, butter, pepper, and salt, worked to a paste; fill the shad with the mixture, sew it up, and place it lengthwise in a baking-pan with a little water and I ounce butter. Fill the space between the fish and the sides of the pan with slices of raw potatoes ¼ inch thick, and serve fish and potatoes together; add I spoon Barlow's prepared flour to the gravy, and serve.

#### SHAD ROE.

Drop into boiling water, and cook gently for 20 minutes; then take from the fire and drain; butter a tin plate, and lay the drained roe upon it; dredge well with salt and pepper, and spread soft butter over it; then dredge thickly with flour; cook in the oven for ½ hour, basting frequently with salt, pepper, flour, butter and water.

#### FRIED SHRIMPS.

Shell and heat gently in a pan with a little butter, until the butter is melted and the shrimps heated through; season with pepper, and send to the table encircled by thin slices of limes.

# A PRETTY WAY TO SERVE SMELTS.

The French have a pretty manner of serving smelts; after frying them in the usual way, a little skewer 4 inches long, silver-plated or of polished wire, is run through 2 or 3 of the smelts, running It carefully through the eyes; a slice of lemon is then put on top of each skewerful, which is served as a portion for I person.

#### STURGEON.

There are few people so poor that they will consent to eat sturgeon, yet this fish, if properly cooked, affords, it is said, a luxurious meal. Get a few slices, moderately thick, put them in a pot or pan of water, and parboil them to get rid of the oil; then roll in crumbs of cracker and egg, just as you would a veal cutlet, and fry; this makes a veal cutlet that beats the original by far, and you are sure that it is "full 6 weeks old," as the butcher always certifies in regard to the veal.

#### FRIED BROOK TROUT.

These delicate fish are usually fried, and form a delightful breakfast or supper dish; clean, wash and dry the fish, split them to the tail, salt and pepper them, and flour them nicely; if you use lard instead of the fat of fried salt pork, put in a piece of butter to prevent their sticking, and which causes them to brown nicely; let the fat be hot, fry quickly to a delicate brown; they should be sufficiently browned on one side before turning on the other side; they are nice served with slices of salt pork, fried crisp; lay them side by side on a heated platter, garnish and send hot to the table; they are often cooked and served with their heads on.

#### BAKED WHITE FISH.

Thoroughly clean the fish; cut off the head or not, as preferred; cut out the backbone from the head to within 2 inches of the tail, and stuff with the following: Soak stale bread in water, squeeze dry; cut in pieces I large onion, fry in butter, chop fine; add the bread, 2 ounces butter, salt, pepper and a little parsley or sage; heat through, and when taken off the fire add the yolks of 2 well-beaten eggs; stuff the fish rather full, sew up with fine twine, and wrap with several coils of white tape; rub the fish over slightly with butter; just cover the bottom of a baking-pan with hot water, and

place the fish in it, standing back upward, and bent in the form of an S. Serve with the following dressing: Reduce the yolks of 2 hard-boiled eggs to a smooth paste with 2 tablespoons good salad oil; stir in ½ teaspoon English mustard, and add pepper and vinegar to taste.

Salmon trout and turbot are cooked same as white fish.

#### BOILED WHITE FISH.

Dress the fish nicely, and cover in fish-kettle with boiling water seasoned well with salt; remove the scum as it rises, and simmer, allowing from 8 to 10 minutes' time to every pound; when about half done, add a little vinegar or lemon-juice, take out, drain, and dish carefully, pouring over it drawn butter; or garnish with sprigs of parsley, and serve with egg-sauce.

For "Forcemeats and Stuffings," see chapter on meats.

# SHELL FISH.

#### CLAMS.

To judge whether clams and oysters are fresh, insert a knife, and if the shell instantly closes firmly on the knife the oysters are fresh. If it shuts slowly and faintly or not at all they are dying or dead. When the shells of raw oysters are found gaping open they are not good.

#### CLAM BAKE.

Lay the clams on a rock, edge downward, forming a circle; cover them with a fine brush, cover the brush with dry sage, cover the sage with larger brush; set the whole on fire, and when the brush and sage are a little more than half burnt look at the clams by pulling some out, and if done enough, brush the fire, cinders, etc., off; mix some tomato or cauliflower sauce or catsup with the clams after being taken out of their shells; add butter and spices to taste and serve.

#### CLAM CHOWDER.

Put m a pot some small slices of fat salt pork, enough to line the bottom of it; on that a layer of potatoes cut in small pieces; on the potatoes a layer of chopped onions; on the onions a layer of tomatoes in slices or canned tomatoes; on these a layer of clams, whole or chopped (they are generally chopped), then a layer of crackers. Season with salt and pepper and other spices if desired. Then repeat this process, layer after layer, in above order, seasoning each, until the pot is full. When the whole is in, cover with water, set on a slow fire, and when nearly done stir gently, finish cooking and serve.

When done, if found too thin, boil a little longer; if found too thick, add a little water, give one boil and serve. Fish Chowder is made exactly like clam chowder, except that fish are used instead of clams.

#### CLAM FRITTERS.

Twelve clams, minced fine, I pint milk, 3 eggs; add the liquor from the clams to the milk; beat up the eggs and add to this, with salt and pepper and flour enough for a thin batter; lastly add the chopped clams. Fry in hot lard, trying a little first to see if fat and batter are right. A tablespoon makes a fritter of moderate size. Fry quickly and serve hot.

#### FRIED CLAMS.

Take large soft-shell clams, dry them in a napkin, and dip them first in a beaten egg and then powdered cracker or bread crumbs, and fry in sweet lard or butter, or both mixed.

#### CLAM PIE.

Take a quantity of clams—if large, chop them; put in a saucepan and cook in their own liquor, or if necessary, add a little water; boil 3 or 4 medium-sized potatoes until done, then cut in slices; line a pudding-dish half way up its sides; turn a small cup bottom up in the middle of the dish to keep up the top crust; put in first a layer of clams and then a few potatoes, season with bits of butter and a little salt and pepper and dredge with flour; add another layer of clams, and so on until the dish is filled; add the liquor in which the clams were cooked and a little water if necessary; there should be as much liquid as for chicken or other meat pie; cover with top crust, cut places for steam to escape, and bake 3/4 hour.

#### CLAM STEW.

Put the clams in a stew-pan with about the same quantity of water as the juice of the clams; boil 25 or 30 minutes; remove all the scum that rises, and season with butter, salt and pepper.

#### CRABS.

To fit them for the table, living crabs require to be boiled in salt water; they are either placed in cold water which is then made hot or put at once into boiling water; crabs cooked by the latter method are found to have the finest flavor. The male crab is the most valuable for the table, and may be distinguished by possessing larger claws. In purchasing crabs in the living state preference should be given to those which have a rough shell and claws. When selecting a crab which has been cooked it should be held by its claws and well shaken from side to side. If it is found to rattle, or feels as if it contained water, it is a proof that the crab is of inferior quality. The crab may be kept alive, out of water 2 or 3 days.

## SOFT CRABS.

Many will not eat hard-shell crabs, considering them indigestible, and not sufficiently palatable to compensate for the risk they run in eating them. And it must be owned that they are, at their best, but an indifferent substitute for the more aristocratic lobster. But in the morning of life, for him so often renewed, his crabship is a different creature, and greatly affected by epicures.

Do not keep the crabs over night, as the shells harden in 24 hours. Pull off the spongy substance from the sides, and the sandbags; these are the only portions not eatable; wash well and wipe dry; have ready a pan of seething hot lard or butter and fry them to a

fine brown; put a little salt into the lard; the butter will need none; send up hot, garnished with parsley.

## CRAB CROQUETTES.

Pick the meat of boiled crabs and chop it fine; season to taste with pepper, salt and melted butter; moisten it well with rich milk or cream, then stiffen it slightly with bread or cracker-crumbs; add 2 or 3 well-beaten eggs to bind the mixture; form the croquettes, egg and bread-crumb them and fry them delicately in boiling lard. It is better to use a wire frying-basket for croquettes of all kinds.

#### DEVILED CRABS.

Canned crabs are brought from Hampton very fresh, and can be "deviled" with little trouble. Draw off the liquor from the can and mix the meat with an equal quantity of bread crumbs, finely rolled; beat to a cream about ¼ pound butter, and mix with it I dessert-spoon mustard, with salt and cayenne pepper to taste; stir the crabs and crumbs carefully into it; fill some shells or small tin patty-pans with the mixture, with a fine layer of bread crumbs on the top, on which dot a few small bits of butter; brown quickly in a hot oven; they should puff up a little.

#### ESCALOPED CRAB.

Pick out all the meat of the crab and mix thoroughly; add to it its quantity of bread crumbs, a good lump of butter, divided into little bits; season with salt and pepper, a dust of grated nutmeg and I dessertspoon vinegar or lemon-juice sprinkled over the mass; mix all equally together; clean out the bottom shell of your crab, and fill it with the mixture; what is left you may put into scallop-shells or tins; set them into a moderately hot oven; when hot through and slightly browned on the surface they are fit to serve on a dish covered with a napkin, the crab-shell in the middle and the scallop-shells around it, garnished with sprigs of parsley.

#### FROGS.

Scald the hind quarters in boiling water, rub them with lemonjuice and boil for 3 minutes, wipe them, dip them first in cracker dust, then in a mixture of 2 beaten eggs in  $\frac{1}{2}$  cup milk seasoned with pepper and salt, then again in cracker crumbs; when they are well covered with crumbs fry in a mixture of hot lard and butter.

#### BOILED LOBSTER.

Plunge the lobster in warm water, then bring the water quickly to a boil, and boil 30 minutes, then take it out and stand aside to cool; when cold separate the tail from the body and twist off the claws; shake out carefully the liver of the lobster, which may be known by its greenish color, also take out the coral; split the tail and shell its entire length underneath, and carefully remove the meat; split the meat in the center, and you will uncover a little vein, which remove and throw away; take the body of the lobster from the shell, pull off the spongy fingers on the outside, remove the stomach, which is immediately under the head, and throw this and the fingers away; all the meat in the claws is good. To serve lobster plain boiled, arrange the meat in the centre of a cold dish, garnish with parsley, hard-boiled eggs and pickled beets, cut in fancy shapes; let each season to suit one's self.

#### BROILED LOBSTER.

Cut the tail part of a lobster in two, rub a little sweet oil over the meat and broil. When done brush a little butter over it with the juice of ½ lemon and a very little cayenne. Place the meat back into the shell and send to the table with a dish of broiled tomatoes and a fresh baked potato.

### LOBSTERS EN BROCHETTE.

Cut up the tail of a lobster in square pieces; take a few thin slices of bacon and cut into lengths to match the lobster; place them on a skewer alternately and broil; baste as in broiled lobster and send to the table on a bed of water-cresses.

## LOBSTER CROQUETTES.

To the meat of a well-boiled lobster, chopped fine, add pepper, salt and powdered mace. Mix with this ¼ as much bread crumbs, well rubbed, as you have meat; make into ovates or pointed balls, with 2 tablespoons melted butter. Roll these in beaten egg, then in pulverized cracker, and fry in butter or very nice sweet lard. Serve dry and hot, and garnish with crisped parsley. This is a delicious supper dish or *entree* at dinner.

### FRIED LOBSTER.

If, when making a salad, you have more lobster than you wish to use for that, keep it in a cool place and fry in butter and breadcrumbs for breakfast.

### GRATIN OF LOBSTER.

Pick out the meat from a large lobster, chop it up very fine with a little parsley, a few drops essence of anchovy, I spoon vinegar, cayenne pepper and salt, with a little bechamel sauce; boil all together, add the yolk of I egg, then put it to cool; fill some paper cases with the mixture, cover the top with bread-crumbs and small pieces of butter, brown them in the oven, and serve on a napkin.

#### LOBSTER PATTIES.

Make some puff-paste and spread it in very deep patty-pans; bake it empty; having boiled well 2 or 3 fine lobsters, extract all the meat and mince it very small, mixing it with the coral smoothly mashed, and some yolk of hard-boiled egg, grated; season it with a little salt, some cayenne, and some powdered mace or nutmeg, adding a little yellow lemon rind, grated; moisten the mixture well with cream, fresh butter, or salad oil; put it into a stew-pan, add a very little water, and let it steam till it just comes to a boil; take it off the fire, and the patties being baked, remove them from the tin pans, place them on a large dish, and fill them up to the top with the mixture. Similar patties may be made of prawns or crabs.

#### LOBSTER RISSOLES.

Extract the meat of I boiled lobster; mince it as finely as possible; mix it with the coral pounded smooth, and some yolks of hardboiled eggs, pounded also; season it with cayenne pepper, powdered mace, and a very little salt; make a batter of beaten egg, milk and flour; to each egg allow 2 large tablespoons milk, and I large teaspoon flour; beat the batter well, and then mix the lobster with it gradually, till it is stiff enough to make into oval balls about the size of a large plum; fry them in the best salad oil, and serve them up either warm or cold. Similar rissoles may be made of raw oysters minced fine, or of boiled clams. These should be fried in lard.

### TO POT LOBSTERS.

Take from I hen-lobster the spawn, coral, flesh, and pickings of the head and claws; pound well and season with cayenne, white pepper and mace, according to taste: mix to a firm paste with good melted butter; pound and season the flesh from the tail and put it into a pot, and then fill with the other paste; cover the top of each pot with clarified butter, and keep it in a cool place; time, 3/4 to I hour to boil the lobster.

#### LITTLE PIGS IN BLANKETS.

Season large oysters with salt and pepper; cut fat English bacon in very thin slices, wrap an oyster in each slice, and fasten with a little wooden skewer (toothpicks are the best things); heat a frying-pan and put in the "little pigs;" cook just long enough to crisp the bacon—about 2 minutes; place on slices of toast that have been cut into small pieces, and serve immediately; do not remove the skewers; this is a nice relish for lunch or tea, and, garnished with parsley, is a pretty one; the pan must be very hot before the "pigs" are put in, and then great care must be taken that they do not burn.

### OYSTERS ON THE HALF-SHELL.

Not until just before serving should they be opened. Marketmen often furnish some one to do this. Six large oysters are usually allowed each person. Left in half the shell, they are placed on a dinner-plate, with a thin slice of lemon in the center of the dish.

#### OYSTERS ON A BLOCK OF ICE.

Having a perfectly clear and solid block of ice, weighing 10 or 15 pounds, a cavity is to be made in the top of it in either of 2 ways. the first is to carefully chip with an ice-pick; the other, to melt with heated bricks. If the latter be chosen, the ice must be put in a tub or large pan, and I of the bricks held upon the center of it until there is a slight depression, yet sufficient for the brick to rest in; when the first brick is cold, remove it, tip the block on one side, to let off the water, and then use another brick; continue the operation till the cavity will hold as many oysters as are to be served; these should be kept I hour previous in a cool place, should be drained in a colander, and seasoned with salt, pepper and vinegar; after laying 2 folded napkins on a large platter, to prevent the block from slipping, cover the dish with parsley, so that only the ice is visible; stick a number of pinks, or of any small, bright flowers that do not wilt rapidly, into the parsley; pour oysters into the space in the top of the ice, and garnish with thin slices of lemon.

This gives an elegant dish, and does away with the unsightly shells in which raw oysters are usually served. It is not expensive, for the common oysters do as well as those of good size. Indeed, as many ladies dislike the large ones, here is an excellent substitute for serving in the shell, particularly as the oysters require no seasoning when once on the table. One quart is enough for a party of 10, but a block of the size given will hold 2 quarts.

#### OYSTERS BAKED ON THE HALF-SHELL.

Select I dozen of the largest, freshest and most highly-flavored oysters, as you would for a fry; both shells being washed very clean, place shell and all, one by one, in the pan, with the round shell down; now place in an oven; pretty soon you will see the shells slightly open; when this takes place remove the pan from the oven, remove the top shell very carefully, and see to it especially

that you retain as much as possible of the oyster-juice; deposit on each oyster a piece of the freshest and sweetest table-butter; also a little cracker-dust and a pinch of salt; now return again to the oven in the lower shell for from 15 to 20 minutes; when cooked do not empty into any dish, but eat directly from the oyster shell, squeezing on a few drops of lemon-juice.

#### BROILED OYSTERS.

Drain select oysters in a colander; dip them one by one into melted butter, to prevent sticking to the gridiron and place them on a wire gridiron; broil over a clear fire; when nicely browned on both sides, season with salt, pepper, and plenty of butter, and lay them on hot buttered toast, moistened with a little hot water. Serve very hot, or they will not be nice. Oysters cooked in this way and served on broiled beefsteak are nice.

# OYSTER CROQUETTES.

Take the hard end of the oyster, leaving the other end in nice shape for a soup or stew; scald them, then chop fine and add equal weight of potatoes rubbed through a colander; to I pound of this add 2 ounces butter, I teaspoon salt, ½ teaspoon pepper, ½ teaspoon mace, and ½ gill cream; make in small rolls, dip in egg and grated bread, fry in deep lard.

#### CREAM OYSTERS.

One pint cream, a little more than I pint oysters, I tablespoon flour; salt and pepper to taste; let the cream come to a boil; mix the flour with a little cold milk and stir into the boiling cream; let the oysters come to a boil in their own liquor; then skim carefully; drain off all the liquor and turn the oysters into the cream.

#### OYSTERS DEVILED IN THEIR SHELLS.

Select large oysters for this purpose and when opened keep them in their deep shell along with their liquor; place the shells on a gridiron and season the oysters with cayenne pepper and salt to taste, placing a small piece of butter on the top of each oyster; have your fire bright, and a few minutes will suffice to cook them.

#### ESCALOPED OYSTERS.

Prepare stale bread-crumbs, season to taste with pepper and salt; butter a deep dish; cover the bottom with the crumbs; add a layer of large-sized oysters, with butter; fill the dish alternately with oysters, crumbs and butter; bake in a hot oven until cooked entirely through; if they become too brown on the top, cover with paper; if preferred, scallop the oysters separately and serve in the shells, observing that the shells are well-cleaned; instead of crumbs use slices of well-buttered bread, if you like, or bake with a crust of puff-paste.

### OYSTER FLAVOR.

A German cook has discovered a way to have oyster flavor all the year round. Take fresh, large, plump oysters, beard them and place them in a vessel over the fire for a few moments in order to extract the juice, then put them to cool, and chop them very fine with powdered biscuit, mace and finely minced lemon peel; pound them until they become a paste; make them up into thin cakes, place them on a sheet of paper in a slow oven and let them bake until they become quite hard; pound them directly into powder, and place the powder in a dry tin box, well covered; keep in a dry place, and it will be very much appreciated when the true oyster flavor is imparted to fish, sauces and dishes. This makes a delicious sauce for fresh cod.

#### FRICASSEED OYSTERS.

One hundred oysters (about 2 quarts), 4 large tablespoons butter, I teaspoon chopped parsley, I tablespoon flour, a speck of cayenne, salt, yolks of 3 eggs; brown 2 tablespoons of the butter, and add to it the parsley, cayenne, and salt, and the oysters well drained; mix together the flour and the remainer of the butter, and stir into the oysters when they begin to curl; then add yolks, well beaten, and take immediately from the fire. Serve on a hot dish with a garnish of fried bread and parsley.

#### FRIED OYSTERS.

Melt I cup good butter and strain into a frying-pan, adding ½ cup olive oil and have the pan hot to fry the oysters. Place as many large, fresh oysters as are needed upon a napkin so as to absorb all the liquor, then roll them in powdered crackers or breadcrumbs; beat up 3 eggs, and add I tablespoon milk with salt and pepper; dip the oysters in these prepared eggs, and again roll them in crumbs; place them on a plate one by one, but not one upon another, and when they are all breaded fry them in hot butter and oil to a golden brown color. These fried oysters so deliciously prepared should then be served on a napkin covering a platter.

### FRIED OYSTERS, NO. 2.

Drain, remove all bits of shell, and sprinkle with pepper and salt, and set in a cool place for 10 minutes. Then, if the oysters are small, pour them into a pan of crackers, rolled fine: add liquor, mix well and let stand 5 minutes; add a little salt and pepper, mold into small cakes, with 2 or 3 oysters in each, roll in dry crackers and fry in lard and butter. Serve hot in a covered dish.

A substantial dish may be made of fried oysters by having ready some mashed potatoes nicely seasoned, and placed around the edge of a hot dish in such a way as to form a wall, and serving the oysters in this dish.

#### OYSTER PATTIES.

Roll out some very light puff-paste ½ inch thick; stamp it in rounds with a cutter 3 inches in diameter; press a small cutter 2 inches in diameter on the middle of each to the depth of ¼ inch; place the rounds on a buttered tin, baste them lightly with egg, and bake in a quick oven; when done take them out, remove the centerpiece, scoop out a little of the inside, and fill the shells with the prepared oysters.

Parboil 25 oysters in their own liquor; remove the oysters and season the liquid with lemon-peel, nutmeg, and pepper; strain, and thicken with I heaping tablespoon flour, I ½ ounces butter, I wine-

glass rich cream; mix, and then add the oysters. Simmer all together a few minutes, fill the shells, and serve.

Scallops and clams cut up fine, with a sauce made on the same principle, make a very nice patty.

# OYSTER PATTIES, NO. 2.

Line small patty-pans with puff paste; into each pan put 6 oysters, bits of butter, pepper and salt; sprinkle over a little flour and hard-boiled eggs, chopped (allowing about 2 eggs for 6 patties), cover with an upper crust, notch the edges and bake; serve either in the pans or remove them to a larger platter.

#### PICKLED OYSTERS.

Two hundred large oysters, ½ pint vinegar, ½ pint white wine, 4 spoons salt, 6 spoons whole black pepper, and a little mace. Strain the liquor and add the above named ingredients. Let boil up once, and pour, while boiling hot, over the oysters. After these have stood 10 minutes pour off the liquor, which, as well as the oysters, should then be allowed to get cold. Put into a jar and cover tight. The oysters will keep some time.

#### CHICKEN AND OYSTER PIE.

Boil a chicken; cut up and place in a pie dish; cover with oysters and season to taste; add 2 hard-boiled eggs cut into slices, with a piece of butter, size of an egg, in the center; dust the whole with flour and pour on ½ pint milk; put on a puff-paste crust and bake about ¾ hour in a moderate oven.

#### OYSTER PIE.

Make a rich puff paste; roll out twice as thick as for a fruit pic, for the top crust—about the ordinary thickness for the lower. Line a pudding-dish with the thinner and fill with crusts of dry bread or light crackers. Some use a folded towel to fill the interior of the pie, but the above expedient is preferable. Butter the edges of the dish that you may be able to lift the upper crust without breaking. Cover the mock pie with the thick crust, ornamented

heavily at the edge, that it may lie the more quietly and bake. Cook the oysters as for a stew, only beating into them at the last, 2 eggs, and thickening with I spoon fine cracker crumbs or rice flour. They should stew but 5 minutes, and time them so that the paste will be baked just in season to receive them. Lift the top crust, pour in the smoking hot oysters, and send up hot.

Many consider it unnecessary to prepare the oysters and crust separately; but experience and observation go to prove that if this precaution be omitted, the oysters are apt to be wofully overdone. The maker can try both methods and take her choice.

#### OYSTER POT-PIE.

Scald I quart can oysters in their own liquor; when it boils, skim out the oysters and set aside in a warm place; to the liquor add I pint hot water; season well with salt and pepper, a generous piece of butter, thicken with flour and cold milk; have ready nice light biscuit dough, rolled twice as thick as pie-crust; cut out into inch' squares, drop them into the boiling stew, cover closely, and cook 40 minutes; when taken up, stir the oysters into the juice and serve all together in one dish; a nice side *entree*.

# PANNED OYSTERS.

Cut bread in thin slices, then round them, removing the crust, to fit patty-pans, toast them, butter and put in the pans; moisten the slices with 3 or 4 teaspoons oyster liquor; place on the toast a layer of oysters, sprinkle with pepper, and put a small piece of butter on top; place pans in a baking-pan, cover with another pan to keep in the steam and flavor; put in quick oven, and when cooked 7 or 8 minutes remove the cover and sprinkle with salt; replace cover and cook I minute longer. Serve in patty-pans.

#### ROASTED OYSTERS.

Take oysters in the shell, wash the shells clean, and lay them on hot coals; when they are done they will begin to open. Remove the upper shell and serve the oysters in the lower shell, with a little melted butter poured over each.

# OYSTER Á LA POULETTE.

Scald I dozen oysters in their own liquor; salt and remove the oysters; add I tablespoon butter, the juice of ½ lemon, I gill cream, and I teaspoon flour. Beat up the yolk of I egg while the sauce is simmering; add the egg and simmer the whole until it thickens. Place the oysters on a hot dish, pour the sauce over them, sprinkle a little chopped parsely on the top and serve.

### OYSTER SOUP.

For oyster soup see "Soups."

#### STEAMED OYSTERS.

Wash and drain I quart counts or select oysters; put them in a shallow pan and place in a steamer over boiling water; cover and steam till they are plump, with the edges ruffled, but no longer. Place in a heated dish, with butter, pepper and salt, and serve.

#### STEAMED OYSTERS IN THE SHELL.

Wash and place them in an air-tight vessel, laying them the upper shell downward, so that the liquor will not run out when they open. Place this dish or vessel over a pot of boiling water where they will get the steam. Boil them rapidly until the shells open, about 15 to 20 minutes. Serve at once while hot, seasoned with butter, salt and pepper.

# OYSTER STEW WITH MILK.

One and one-half cups milk, I cup water, oyster liquor, butter size of I walnut, pepper and salt to taste, ½ cup cracker-crumbs; bring the liquid to a boil, add the cracker-crumbs and the oysters, boil I minute, and take from the stove.

# OYSTER STEW, FANCY STEW WITH TOAST.

Drain the liquid portion of the foregoing stew into a large tureen, then lay pieces of hot toast on top, and arrange the oysters on top of them.

#### PARK ROW OYSTER STEW.

Put the oysters into a stew-pan with a little liquor to cover them; add a little butter, pepper and salt; stir every now and then while on the fire, and when poured into the dish, put in about I tablespoon milk to every IO oysters.

Oyster soup is made in the same way, except that more liquor is added, and I tablespoon pounded butter-crackers; add plenty of milk the last thing when the oysters are cooked, and let it boil up once.

#### OYSTER SAUCE.

See "Sauces."

#### NEW WAY OF PREPARING OYSTERS.

Take 2 dozen oysters and throw them in a large deep dish; then take I small bunch parsley chopped fine, a little lemon-rind grated, ½ nutmeg grated, and the crumbs of I stale French roll, also grated; let the latter be well incorporated, adding some cayenne; have in readiness the yolks of 3 fresh eggs beaten up into a foam; dip each oyster separately into the eggs and roll them into the breadcrumbs until they are all covered with a good coat; put ¼ pound butter in the oven till it is melted while arranging the oysters in the pan, then turn them continually until they assume a perfect brown and crusty appearance; when fully cooked serve them with some celery, salt and thin slices of Graham bread and butter.

#### SCALLOPS.

The heart is the only part used. If you buy them in the shell, boil and take out the hearts. Those sold in our markets are generally ready for frying or stewing. Dip them in beaten egg, then in cracker crumbs, and fry in hot lard; or, you may stew them like oysters. The fried scallops are generally preferred.

# TERRAPINS, OR WATER TURTLES.

Land terrapins, it is hardly necessary to say, are uneatable, but the large turtle that frequents our mill-ponds and rivers can be converted into a relishable article of food. Plunge the turtle into a pot of boiling water, and let him lie there 5 minutes; you can then skin the under part easily, and pull off the horny parts of the feet; lay him for 10 minutes in cold salt and water; then put into more hot water salted, but not too much; boil until tender; the time will depend upon the size and age; take him out, drain and wipe dry; loosen the shell carefully, not to break the flesh; cut open also with care, lest you touch the gall-bag with the knife; remove this with the entrails and sand-bag; cut up all the rest of the animal into small bits; season-with pepper, salt, I chopped onion, sweet herbs, and I teaspoon some spiced sauce, or I tablespoon catsup—walnut or mushroom; save the juice that runs from the meat, and put all together into a saucepan with a closely-fitting top; stew gently 15 minutes, stirring occasionally, and add 1 large spoon butter, or I teaspoon browned flour wet in cold water, I glass brown sherry, and lastly, the beaten yolk of I egg, mixed with a little of the hot liquor, that it may not curdle; boil up once and turn into a covered dish. Send around green pickles and delicate slices of toast with it.

#### GREEN TURTLE SOUP.

See "Soups."

For "Force Meats and Stuffings" see chapter on meats.



GREAT EXPECTATIONS.

# CHAPTER XII.

# GAME.

#### TO SELECT GAME.

Pheasants.—A young cock pheasant will have short and blunt spurs, while an old one will have them long and sharp. A hen pheasant may be known by its plumage, and its flavor is preferred by many, though not by all, except when almost ready to lay.

Grouse.—These are judged of the same as pheasants.

Woodcock.—When these are fat they will feel thick and firm, and a streak of fat will appear on the side of the breast. Fresh birds will have supple feet, and the head and throat clear; whereas, when stale, the feet are stiff, and the head and throat nasty.

Pigeons.—Tame pigeons, when fresh and in good order, are plump, and have their feet pliable and of a dusky white. Wild pigeons are not reckoned so good as tame, but they improve with keeping. They are not so fat but are to be chosen by the same rules as the others.

Hares.—An old hare does very well for soup, but for ordinary purposes it is by no means desirable. It will be distinguished by its dry, tough ears, its blunted claws and its widely-parted lips. A young hare has soft and tender ears, sharpish claws, and the parting of the lips close.

Rabbit.—An old rabbit will have long, rough claws, and fur often inclining to grey. When fresh, the body will be rather stiff and the flesh dry and pale; but if stale, it will be limper, and the flesh dark-colored.

Venison.—Choose the dark-colored meat, not the black, but the rich reddish-brown, with fine grain, and well coated with fat. Keep it hung up in a cool, dark cellar, covered with a cloth, and use as soon as you can conveniently.

#### TO POT BIRDS.

Prepare them as for roasting; fill each with a dressing made as follows: Allow for each bird the size of a pigeon ½ a hard-boiled egg, chopped fine, I tablespoon bread-crumbs, I teaspoon chopped pork; season the birds with pepper and salt; stuff them and lay them in a kettle that has a tight cover; place over the birds a few slices of pork, add I pint water, dredge over them a little flour, cover, and put them in a hot oven; let them cook until tender, then add a little cream and butter; if the sauce is too thin, thicken with flour; I pint water is sufficient for I2 birds.

#### REED BIRDS.

These delicious lumps of sweetness, as they are appropriately called, are always acceptable, but to thoroughly appreciate a reed bird dinner one must mingle with the gunners on the Delaware river as guest or member of one of the many clubs whose houses are situated within a few hundred yards of the hunting-grounds. After the judge's decision as to who has high boat, the birds are plucked (and at some of the club-houses drawn), arranged neatly in a dripping-pan with bits of fresh country butter between them; they are allowed to cook on one side a few minutes, and with a long-handled spoon are turned over to brown on the other side; a little sait is added, and they are then placed on a hot platter en pyramide and the gravy poured over them; they are then sent to the table with fried chipped potatoes.

# REED BIRDS A LA LINDENTHORPE.

On "ladies' day" the members of this club are more particular than on "members' day." They prepare the birds by drawing the trail and removing the head; they then take large sweet or Irish potatoes, cut them in two, scoop out the insides, and put an oyster or small piece of bacon inside of each bird and put the birds inside the potatoes, tie them up with twine and bake until the potatoes are done; the common twine is then removed and the potatoes are tied with a narrow piece of white or colored tape in a neat bow-knot and sent to the table on a napkin.

#### PRAIRIE CHICKEN.

Clean nicely, using a little soda in the water in which they are washed; rinse them and drain, and fill with dressing, sewing them up nicely, and binding down the legs and wings with cord; put them in a steamer and let them cook IO minutes; then put them in a pan with a little butter, set them in an oven and baste frequently until of a nice brown; they should brown in about 35 minutes. Serve them in a platter with sprigs of parsley alternated with currant jelly.

Partridges and quails may be cooked in the same manner.

# ROAST PRAIRIE CHICKEN.

The bird being a little strong, and its flesh, when cooked, a little dry, it should be either larded or wide strips of bacon or pork placed over its breast; a mild-seasoned stuffing will improve the flavor of old birds; dust a little flour over them, baste occasionally and serve.

Pheasants may be managed in the same way.

#### ROAST WILD DUCK.

Wild duck should not be dressed too soon after being killed. If the weather is cold it will be better for being kept several days. Bake in a hot oven, letting it remain for 5 or 10 minutes without basting to keep in the gravy, then baste frequently with butter and water; if over-done it loses flavor, 30 to 40 minutes in the right kind of an oven being sufficient. Serve on a very hot dish, and send to table as hot as possible with a cut lemon and the following sauce:

Put in a tiny sauce-pan I tablespoon each of Worcestershire sauce and mushroom catsup, a little salt and cayenne pepper, and the juice of  $\frac{1}{2}$  lemon; mix well, make it hot, remove from the fire, stir in I teaspoon made mustard; pour into a hot gravy boat.

The teal, the jewel of water fowl, if fat, should be laid each on its slice of toast, roasted before the fire; turn it over now and then, and serve on the toast. The coot, on account of its black and very downy skin, is best flayed, cut into joints, and stewed with wine as a matelote. It then becomes excellent eating.

#### CANVAS-BACK DUCK.

The epicurean taste declares that this special kind of bird requires no spices or flavors to make it perfect, as the meat partakes of the flavor of the food that the bird feeds upon, being mostly wild celery; and the delicious flavor is best preserved when roasted quickly with a hot fire. After dressing the duck in the usual way, by plucking, singing, drawing, wipe it with a wet towel, truss the head under the wing; place it in a dripping-pan, put it in the oven, basting often, and roast it ½ hour. It is generally preferred a little underdone. Place it when done on a hot dish, season well with salt and pepper, pour over it the gravy it has yielded in baking and serve it immediately while hot.

# WILD GOOSE,

When to be had, is a treat for lovers of wild fowl; and yet, strange to say, there is a prejudice against it, as fishy. Some few species of geese may indeed graze on seaweed, and perhaps even swallow a few shell-fish when they happen to alight on the shore, hard-pressed by hunger; but, as a rule, there is no cleaner feeding bird than the goose, feeding upon herbs or grain, but preferring the former as the staple of its diet. We know of no wild goose which is not excellent to eat, when obtained at the proper age and in good condition.

Wild geese are roasted and served in the same way as wild ducks.

#### GAME PIE.

Clean well, inside and out, I dozen small birds, quail, snipe, woodcock, etc., and split them in half; put them in a sauce-pan with about 2 quarts water; when it boils, skim off all scum that rises; then add salt and pepper, I bunch minced parsley, I onion chopped fine, and 3 whole cloves; cut up ½ pound salt pork into dice, and let all boil until tender, using care that there be enough water to cover the birds; thicken this with 2 tablespoons browned flour and let it boil up; stir in a piece of butter as large as an egg; remove from the fire and let it cool; have ready I pint of

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potatoes cut as small as dice, and a rich, crust made; line the sides of a buttered pudding-dish with the crust; lay in the birds, then some of the potatoes, then birds and so on, until the dish is full; pour over the gravy, put on the top crust, with a slit cut in the center, and bake. The top can be ornamented with pastry leaves in a wreath about the edge, with any fancy design placed in the center across the slit.

TO ROAST PARTRIDGES, PHEASANTS, QUAILS OR GROUSE.

Carefully cut out all the shot, wash thoroughly but quickly, using soda in the water; rinse again, and dry with a clean cloth; stuff them and sew them up; skewer the legs and wings to the body, larder the breast with very thin slices of fat salt pork, place them in the oven, and baste with butter and water before taking up, having seasoned them with salt and pepper; or you can leave out the pork and use only butter, or cook them without stuffing. Make a gravy of the drippings thickened with browned flour; boil up and serve in a boat.

These are all very fine broiled, first splitting down the back, placing on the gridiron the inside down, cover with a baking-tin, and broil slowly at first. Serve with cream gravy.

#### PIGEON PIE.

Dress and wash clean, split down the back, and then proceed as for chicken pie.

#### ROAST PIGEONS.

They should be dressed while fresh. If young, they will be ready for roasting in 12 hours. Dress carefully, and after making clean, wipe dry and put into each bird a small piece of butter dipped in cayenne. Truss the wings over the back and roast in a quick oven, keeping them constantly basted with butter. Serve with brown gravy. Dish with young water-cresses.

# BROILED QUAIL.

Split through the back and broil over a hot fire, basting frequently with butter. When done place a bit of butter on each

piece, and set in oven a few moments to brown. Serve on pieces of toast with currant jelly. Plovers are cooked in the same way. Pigeons should be first parboiled and then broiled.

#### WOODCOCK.

Dress, wipe clean, tie the legs, skin the head and neck, turn the beak under the wing and tie it; tie a piece of bacon over it, and immerse in hot lat 2 or 3 minutes. Serve on toast.

Another favorite way is to split them through the back and broil, basting with butter, and serving on toast. They may also be roasted whole before the fire for 15 or 20 minutes.

Snipe are similar to woodcock and may be served in the same manner.

#### BEAR MEAT.

Bear meat requires a longer time for cooking than almost any other kind. It requires parboiling, and should be cooked thoroughly. It may be roasted like pork or buffalo meat, or sliced into steaks and broiled or fried.

# ROAST 'COON.

The raccoon should be first soaked in strong salt and water from 8 to 10 hours, and it is also desirable to have the carcass frozen. It should be parboiled from 1 to 1½ hours, and a dessertspoon of soda or saleratus should be put into the water. The time required for roasting, both in the case of the opossum and the raccoon, depends somewhat on circumstances, and the judgment of the cook must determine when they are ready for the table. Irish potatoes are a good accompaniment to the raccoon.

The season, both for the opossum and raccoon, is from about the 1st of November to the 1st of March.

# ROAST 'POSSUM.

If the stirring air of "Dixie" appeals to southern sentiment and moves the breast with a thrill of enthusiasm, roast 'possum holds no less a place as the favorite at the southern board. But if the

first suggests warlike memories, the comparison here stops short, for the oppossum is essentially a non-combatant. Give him a box on the ear and he will "play 'possum' as only a 'possum can, and betray no signs of life until he finds a peaceful rest in the bakingpan, when it is a reasonable presumption that, secure from observation in the closed oven, he winks at least once, to satisfy himself of the situation. And if "Dixie" be an air in which chivalry loves to pay its tribute to beauty in the evening serenade by the mellow moonlight, catching 'possum under like conditions is a favorite pastime with the darkies, whose highest ecstasy is attained in "Possum up a gum-tree." But however the pursuits and tastes of the two races may otherwise vary, all concur in their estimate of roast 'possum garnished with sweet potatoes.

To roast a 'possum, first catch the 'possum. Dress it and soak in salt and water from 6 to 12 hours, then parboil in salt water for 1/2 to 3/4 hour; if an old animal it requires longer boiling and roasting than a young one. Prepare a dressing the same as for a turkey or chicken, of which oysters may form an ingredient, as the dressing should be rich and savory; stuff, sew up and place in the baking-pan, the same as a turkey, with a little water. Place in the oven for 15 or 20 minutes; in the meantime partially boil some sweet potatoes; remove the pan from the oven, pour off the liquor in a dish in which it can be kept hot, and lay the sweet potatoes closely round the 'possum in the pan; cut some slices of bacon and lay them across the 'possum and on the potatoes; use the liquor that was turned off for 2 or 3 bastings, basting both the 'possum and the sweet potatoes, until it is all returned to the pan. Let bake for an hour or more, according to the age and size of the 'possum.

# HAUNCH OF VENISON.

Wash with lukewarm water and vinegar: rub well with butter or lard. Cover the top and side with foolscap paper, well greased, and coat it with a paste of flour and water ½ inch thick. Lay over this a large sheet of thin wrapping paper, and over this another of stout foolscap. Tie all down with pack-thread. The papers should

all be thoroughly greased, and it would be well to do this the day before they are to be used. About 3 hours before the roast will be needed, put into the dripping-pan with 2 cups boiling water in the bottom. Place another pan over it to keep in the steam; be sure that the fire is good, and leave it to itself for I hour. Then see that the paper is not scorching; wet it with hot water and a ladle of gravy; cover it and let it alone for 11/2 hours longer. Remove the papers and paste and test with a skewer in the thickest part. If it goes in readily close the door and let it brown for 1/2 hour. Baste freely 4 times with wine and butter, and at last dredge with flour and rub over with butter to make a froth. Take it up and put it upon a hot dish. Skim the gravy left in the dripping-pan, strain it, thicken with brown flour, add 2 teaspoons currant jelly, I glass wine, pepper and salt, letting them boil for an instant. Allow 1/2 hour to the pound in roasting. The neck can be used in the same way and according to the same rule as to the time required for roasting.

#### FRIED RABBIT.

After the rabbit has been thoroughly cleaned and washed, put it into boiling water, and let it boil 10 minutes; drain it, and when cold, cut it into joints, dip into beaten egg, and then in fine breadcrumbs; season with salt and pepper; when all are ready fry them in butter and sweet lard, mixed over a moderate fire until brown on both sides; take them out, thicken the gravy with I spoon flour, turn in I cup milk or cream; let all boil up, and turn over the rabbits; serve hot with onion sauce (see "Sauces"); garnish with sliced lemon.

#### ROAST RABBIT.

First make a stuffing of I pound veal and ¼ pound pork, simmered 2 hours in water to cover; 4 crackers, rolled fine; I tablespoon salt, I scant teaspoon pepper, I teaspoon summer savory, I large tablespoon butter, and I¼ cups of the broth in which the veal and pork were cooked; chop the meat fine, add the other ingredients, and put on the fire to heat; cut off the rabbit's head, open the vent, and draw; wash clean, and season with salt and

pepper; stuff while the dressing is hot, and sew up the opening; put the rabbit on its knees, and skewer in that position; rub thickly with butter, dredge with flour, and put in the baking-pan, the bottom of which should be covered with hot water; bake ½ hour in a quick oven, basting frequently; serve with a border of mashed potatoes, and pour the gravy over the rabbit.

#### RABBIT WITH HERBS.

Cut I rabbit in pieces and place it in a stew-pan with butter, parsley, chives, mushrooms, bay-leaves, and thyme, chopped fine; when done, add I spoon flour to thicken it. Cold roast hare can be prepared in the same way.

#### RABBIT PIE.

This pie can be made the same as "Game Pic," excepting you scatter through it 4 hard-boiled eggs cut in slices; cover with puff paste, cut a slit in the middle, and bake I hour, laying paper over the top should it brown too fast.

# BROILED SQUIRRELS.

Clean and soak in cold water; wipe dry and broil on a gridiron over a clear, hot fire, turning frequently; when done lay in a hot dish and dress with plenty of melted butter, pepper and salt, and let them lie between 2 hot dishes for 5 minutes.

#### BRUNSWICK STEW.

Three fine gray squirrels, skinned and cleaned—joint as you would chickens for a fricassee; ½ pound fat salt pork; I onion, sliced; 12 ears corn, cut from the cob; 6 large tomatoes, pared and sliced; 3 tablespoons butter, rolled in flour; parsley; enough water to cover the squirrels; put on squirrels, pork—cut up small—onion, and parsley in the water, and bring to a boil; when this has lasted 10 minutes, put in the corn, and stew until the squirrels are tender; then add the tomatoes, cut up thin; 20 minutes later, stir in the butter and flour; simmer 10 minutes, and pour into a large, deep dish.

#### VENISON CHOPS.

Broiled and served with currant jelly, are not to be despised. trim the ends, as you would a French lamb chop.

#### VENISON EPICUREAN.

Cut a steak from the leg or a chop from the loin of a venison about 1½ inches thick; put a walnut of butter, salt and pepper into a chafing-dish; light the spirit lamp under it, and when the butter melts put in the chop or steak; let it cook on one side a few minutes, then turn it over and add 1 wineglass sherry or port and 1 tablespoon currant jelly; simmer gently about 7 minutes if it is to be eaten rare, and allow 12 minutes' cooking, if required well done.

# VENISON PATTIES.

Make a nicely-flavored mince of the remains of cold roast venison; moisten it with a little sherry or gravy, and warm it in a sauce-pan; fill the patty-shells with the meat and serve, as oyster patties.

For "Forcemeats and Stuffings," see chapter on meats.

# CHAPTER XIII.

# ICE-CREAMS, ICES AND FROZEN FRUITS.

Use only the best materials for making and flavoring if good ice-cream is desired, and avoid using milk thickened with arrow-root, corn-starch or any other farinaceous substance. Pure cream, ripe natural fruits, or the extracts of the same, and sugar of the purest quality, combine to make a perfect ice-cream.

Pour the mixture that is to be frozen into the tin can, put the beater in this, and put on the cover; place in the tub, being careful to have the point on the bottom fit into the socket in the tub; put on the cross-piece, and turn the crank to see if everything is in the right place.

Next comes the packing. Ice should be broken in large pieces, and put in a canvas bag, and pounded fine with a mallet; put a thick layer of it in the tub (about 5 inches deep), and then a thin layer of salt; continue this until the tub is full, and then pack down solid with a paddle or a common piece of wood; after turning the crank a few times add more salt and ice, and again pack down; continue in this way until the tub is full. For a gallon can, 3 pints salt and perhaps 10 quarts fine ice will be required. Remember that if the freezer is packed solid at first, no more ice or salt is needed. The water must never be let off, as it is one of the strongest elements to help the freezing. If more salt than the quantity given is used, the cream will freeze sooner, but it will not be so smooth and rich as when less is used.

Turn the crank for 20 minutes, — not fast at first, but very rapidly the last 10 minutes. It will be hard to turn when the mixture is frozen. Turn back the cross-piece, wipe the salt and ice from the cover, and take off the cover, not displacing the can itself. Remove the beater and scrape the cream from it. Work a large spoon up and down in the cream until it is light and the space

left by taking out the beater is filled. Cover the can, cork up the hole from which the handle of the beater was taken, put on the cross-piece, and set the tub in a cool place until serving time. Then dip the can for a few seconds in water that is a trifle warm, wipe it, and turn on the dish. Rest it for a moment, and lift a little.

If the cream is to be served from a mold, remove it when you do the beater. Fill the mold and work the cream up and down with a spoon. This will press the cream into every part, and lighten it. Cover the top of the mold with thick white paper, put on the tin cover, and bury in fresh ice and salt.

There are a great many good freezers. The Packer is especially suited to family use. It turns so easily that any lady can make her own creams. For the first 12 minutes a child can work it. It is made of the best stock, and will last many years. The cogs on freezers should be oiled occasionally. When you have made cream, see that every part of the freezer is clean and perfectly dry before putting away.

#### ALMOND ICE-CREAM.

One pint of blanched almonds, the yolks of 5 eggs, I quart cream, I½ cups sugar, I pint milk, I pint water; boil the water and sugar together for 25 minutes; put the almonds in a frying-pan and stir over the fire until they are a rich brown; remove from the fire, and pound to a paste in the mortar; cook the milk and powdered almonds in the double boiler for 20 minutes; beat the yolks of the eggs and stir them into the boiling syrup; beat this 4 minutes, having the basin in boiling water; take from the fire, and gradually beat into it the almonds and milk; strain the mixture through a sieve, and rub through as much as possible; stir occasionally while cooling; when cold, add the cream and ½ teaspoon extract of lemon. Freeze.

## APRICOT ICE-CREAM.

One quart cream, I generous pint cauned apricot, I pint sugar, the yolks of 3 eggs, I pint water; boil the sugar and water together 20 minutes; rub the apricot through a sieve and add it to

the boiling syrup; add also the beaten yolks of the eggs, and cook for 6 minutes, stirring all the while; take from the fire and place in a pan of cold water; beat the mixture 10 minutes; if cold at the end of that time, add the cream, and freeze.

#### BANANA ICE-CREAM.

Make this the same as the apricot, using, however, only 1½ cups sugar and 6 bananas. More bananas can be used if a strong flavor of the fruit is liked.

# BERRY CREAM.

Any kind of berries may be used for this, strawberries being the nicest. Mash with a potato masher in an earthern bowl, I quart berries with I pound sugar; rub it through the colander; add I quart sweet cream and freeze. Very ripe peaches or mashed apples may be used instead of the berries.

# BURNT ALMOND ICE-CREAM AND ORANGE-ICE.

First make the almond candy as follows: Take I pound sugar, 34 pound sweet almonds, 2 ounces bitter almonds; blanch the almonds, split them and put them in a slow oven to dry and acquire a light yellow color; put the sugar in a kettle on the fire, without any water, and stir it until it is all melted and of the color of golden syrup; then put in the hot almonds, stir gently to mix and pour the candy on a platter; when cold, pound the candy quite fine, put it into 3 pints rich milk, set it on the fire, and when it boils add the beaten yolks of IO eggs; strain the burnt almond custard thus made into a freezer, and freeze as usual and beat well.

For the orange-ice: Take 3 pints water, I pound sugar, 5 or 6 oranges, according to size, juice of I lemon, if the oranges are sweet, whites of 4 eggs; make a thick syrup of the sugar and a very little water; peel ½ the oranges, divide them by their natural divisions and drop the pieces of oranges into the boiling syrup; grate the yellow peel of the other 3 oranges into a bowl and squeeze in the juice, then pour the syrup from the scalded orange slices also into the bowl through a strainer and keep the slices on

ice to be mixed in at the last; add the water and lemon-juice to the orange syrup in the bowl, strain and freeze; beat in the whipped whites as usual, and when finished stir in the sugared fruit; use the burnt almond cream and fill with the orange-ice.

#### BISCUITS GLACES.

Take I gallon cream and put ½ of it on the fire to heat; beat 2 pounds sugar and the yolks of 18 eggs together until very light, then stir into the boiling cream and keep over the fire until thick; take from the fire and set to cool; when cold add I tablespoon vanilla, the juice of I lemon and 2 oranges, pour in a freezer and freeze; whip the remaining ½ gallon cream to a stiff froth and stir into the freezer; fill fancy molds or pretty paper cases with the mixture, pack in ice and salt, and freeze 2 hours.

# BISCUITS GLACES, NO. 2.

Put I pound sugar and I pint water on to boil until syrup; beat the yolks of 6 eggs, and add to the boiling syrup, and beat over the fire until thick, then strain and beat until cold, flavor with I tablespoon vanilla; whip I pint thick cream and stir in carefully; fill little paper cases with the mixture, stand them in the bottom of the freezer, put sheets of paper between each layer, pack the freezer in salt and ice and stand away for 4 hours.

### CARAMEL ICE-CREAM.

Heat I pint milk to boiling; beat together 2 eggs, I cup sugar, a scant ½ cup flour; stir into the boiling milk; cook 20 minutes, stirring often; put I small cup sugar in a small frying-pan, and stir over the fire until the sugar turns liquid and begins to smoke; turn into the boiling mixture, and put away to cool; when cold add I quart cream; strain the mixture into the freezer, and freeze; the flavor of this cream can be varied by browning the sugar more or less.

# CARAMEL ICE-CREAM NO. 2.

Take 2 pints brown sugar, put it in an iron skillet over a brisk fire until it is dissolved, stirring it constantly to prevent its burn-

ing; have I pint milk at boiling-point, and stir a little of this at a time into the sugar, as it shows a disposition to scorch; strain it and when cool add it to 3 quarts pure cream well beaten in the freezer, and freeze.

#### CHOCOLATE ICE-CREAM.

Use 3 or 4 ounces common unsweetened chocolate to I gallon cream, or boiled custard; boil the chocolate in I pint milk and sweeten to taste; strain it into the cream and flavor with vanilla; beat the ice-cream to make it bright and rich colored. Melted chocolate cannot be mixed at once in cold cream, as it sets and makes trouble. It must be considerably diluted first.

#### COCOANUT ICE-CREAM.

One pint water, 5 eggs, 2 cups sugar, I cup prepared cocoanut, juice of I lemon and 2 spoons of the extract; beat the sugar and eggs together and put it in the double boiler; stir it until it begins to thicken, and then add the cocoanut; when cold add the lemonjuice and I quart whipped cream; freeze it stiff.

#### COFFEE ICE-CREAM.

To 3 quarts of pure, sweet cream add I pint of a decoction of very strong, clear coffee; sugar as usual—8 ounces to the quart. Freeze.

#### CAFE PARFAIT.

Take I gallon of thick, rich cream, add 2 cups sugar and I pint strong black coffee, whip to a froth; when stiff turn carefully into an ice-cream mold, press the lid down tightly, pack in ice and salt and freeze 3 hours.

# EGGLESS ICE-CREAM.

Scald 2 quarts milk, wet 4 tablespoons corn-starch with cold milk, put into the scalding milk with 4 cups sugar, and boil until the taste of the corn-starch is gone; when quite cold add I quart thick cream beaten stiff. Flavor with vanilla, rose or chocolate, and freeze.

#### LEMON OR ORANGE ICE-CREAM.

• Squeeze I dozen lemons, make the juice quite thick with white sugar, stir into it very slowly 3 quarts cream, and freeze. Orange ice-cream is prepared in the same way, using less sugar.

#### PEACH ICE-CREAM.

Peach ice-cream can be made like the apricot having the pint of peaches a very generous one.

#### PINE-APPLE ICE-CREAM.

Three pints cream, 2 large ripe pine-apples, 2 pounds powdered sugar; slice the pine-apples thin, scatter the sugar between the slices, cover and let the fruit stand 3 hours, cut or chop it up in the syrup, and strain through a hair-sieve or double bag of coarse lace; beat gradually into the cream and freeze as rapidly as possible; reserve a few pieces of pine-apple unsugared, cut into square bits, and stir through cream when half frozen, first I pint of well-whipped cream, and then the fruit. Peach ice-cream may be made in the same way.

#### PISTACHIO ICE-CREAM.

Wash I quart spinach, and put in a kettle of boiling water, boil and drain, pound until reduced to a pulp. Squeeze the juice out through a fine cloth. Blanch and pound I pound shelled pistachio nuts. Put ½ gallon cream and I pound sugar on to boil, stir until the sugar dissolves and stand away to cool. When cold add the nuts, the flavoring, and ½ gallon more rich cream. Mix the spinach juice in to color. Turn into the freezer and freeze. When hard remove the dasher from the freezer, beat the cream and set aside to harden.

#### TUTTI FRUTTI.

Make ½ gallon rich boiled custard, sweeten to taste, add 2 tablespoons gelatine dissolved in ½ cup cold milk; let the custard cool, put in freezer and, as soon as it begins to freeze, add I pound raisins, I pint strawberry preserves, I quart whipped cream; stir

and beat well like ice-cream. Blanched almonds or grated cocoanut are additions. Some prefer currants to raisins, and some also add citron chopped fine.

### VANILLA ICE-CREAM.

One pint sugar, I pint water, 3 pints cream—not too rich—the yolks of 5 eggs, and I large tablespoon vanilla extract. Boil the sugar and water together for 25 minutes. Beat the yolks of the eggs with ¼ teaspoon salt. Place the basin of boiling syrup in another of boiling water. Stir the yolks of the eggs into the syrup, and stir rapidly for 3 minutes. Take the basin from the fire, place it in a pan of ice-water, and beat until cold. Add the vanilla and cream, and freeze.

#### WALNUT ICE-CREAM.

One pint walnut meats (the American are the best) pounded fine in a mortar, I pint milk, I quart cream, 2 cups sugar, 4 eggs, ½ teaspoon salt. Beat the eggs with I cup sugar. Put them and the milk in the double boiler, and stir constantly until the mixture begins to thicken; then add the salt, and put away to cool. When cold, add the cream and nut meat, and freeze.

# FROZEN RICE CUSTARD.

Wash 6 ounces rice in several waters and cook it in milk; then proceed as in tapioca custard, using cinnamon or any other flavoring desired.

#### FROZEN SAGO CUSTARD.

Soak the sago in cold milk first, it will then cook in a few minutes; then proceed as in tapioca custard.

#### FROZEN TAPIOCA CUSTARD.

Soak 6 or 7 ounces tapioca in 1 quart milk until soft; boil 2 quarts milk sweetened with 1½ pounds sugar, then add the tapioca and let it cook 15 minutes; then stir in 2 ounces butter and 8 beaten eggs, and take the custard immediately off the fire; cool

and flavor with vanilla or lemon and freeze like ice-cream; when nearly finished add I cup whipped cream and beat well.

#### APPLE ICE.

Grate, sweeten and freeze well-flavored apples, pears, peaches or quinces. Canned fruit may be mashed and prepared in the same way.

# CHERRY ICE WITH NUT CREAM.

Two freezers will be required. For the cherry ice take 2 quarts sweet cherries, I quart water, I½ pounds sugar; pound the raw fruit in a mortar so as to break the stones, and strain the juice through a fine strainer into the freezer; boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and mash that also through the strainer; add to the remainder of water and sugar and freeze. No eggs are needed, and only beat the ice enough to make it even and smooth.

For the nut cream, use I pound of either pecan or hickory-nut meats, 3/4 pound sugar, I quart rich milk or cream, I tablespoon burnt sugar for coloring; pick over the kernels carefully, that there be no fragments of shells to make the cream gritty, then pound them in a mortar with part of the sugar and a few spoons milk; only a few can be pounded effectually at a time; mix the milk with the pulp thus obtained, the rest of the sugar and caramel coloring, enough to make it like coffee and cream, and run it through a strainer into a freezer; freeze it as usual and beat smooth with a spatula, then pack down with more ice to freeze firm; line the molds with cherry ice, and fill the middle with the cream, or dish the ice as a border in shallow glasses, with the cream piled in the center.

#### CURRANT ICE.

Boil down 3 pints water and 1½ pounds sugar to 1 quart, skim, add 2 cups currant-juice, and when partly frozen, add the whites of 5 eggs.

#### LEMON ICE.

To I pint lemon-juice, add I quart sugar and I quart water, in which the thin rind of 3 lemons has been allowed to stand until highly flavored; when partly frozen add the whites of 4 eggs, beaten to a stiff froth.

#### ORANGE ICE.

Boil 3/4 pound sugar in I quart water; when cool add the juice of 6 oranges; steep the rinds in a little water, strain, and flavor to taste with it; the juice and rind of I or 2 lemons added to the orange is a great improvement; freeze like ice-cream.

#### STRAWBERRY ICE.

Mash 2 quarts strawberries with 2 pounds sugar; let stand I hour or more, squeeze in a straining-cloth, pressing out all the juice; add an equal measure of water, and when half frozen, add the beaten whites of eggs in the proportion of 3 eggs to I quart. Raspberry ice may be made in the same way.

#### GELATINE PASTE FOR ORNAMENTING ICES.

Make clear jelly in the usual manner, then reduce it by slow boiling to little more than ½, color it as desired, filter again, flavor, and cool it on large platters; stamp out leaves, fern leaves, flower shapes, etc., and have them ready to place on the molded ices as soon as they are turned out.

# TO COLOR ICE-CREAM OR WATER-ICES.

For green, use juice of spinach or beet leaves. Vegetable green, already prepared, can be bought of the druggists.

For yellow, saffron soaked in warm water.

For red, take cochineal, which can be had at any druggist's, or made as follows: ¼ ounce cochineal, pound finely and add ½ pint boiling water, ½ ounce cream of tartar, ¼ ounce alum, and ¼ ounce salt of tartar; let it stand until the color is extracted, then strain and bottle.

For purple, mix a small quantity of cochineal and ultramarine blue.

For brown, use powdered chocolate.

Other colors can be used, but these are all good, showy, and quite harmless.

# FROZEN APRICOTS.

One can apricots, I generous pint sugar, I quart water, I pint whipped cream—measured after being whipped; cut the apricots in small pieces, add the sugar and water, and freeze; when nearly frozen add the cream.

#### FROZEN BANANAS,

Cut 6 large, ripe, red bananas crosswise, in very thin slices; add ½ pound powdered sugar to them, let them stand I hour, then add I quart water and the grated peel of I lemon; when the sugar is dissolved, put the fruit in the freezer and freeze as you would ice-cream. Pine-apples, oranges and berries may be served in the same manner. One pint cream, whipped stiff, may be added, if liked.

#### FROZEN PEACHES.

One can peaches, I heaping pint granulated sugar, I quart water, 2 cups whipped cream; boil the sugar and water together I2 minutes, then add the peaches and cook 20 minutes longer; rub through a sieve, and when cool, freeze; when the beater is taken out, stir in the whipped cream with a large spoon; cover and set away until serving-time. It should stand I hour at least.

### FROZEN RASPBERRIES.

Prepare raspberries the same as strawberries; when cold, add the juice of 3 lemons, and freeze. All kinds of canned and preserved fruits can be prepared and frozen in any of the ways given.

#### FROZEN STRAWBERRIES.

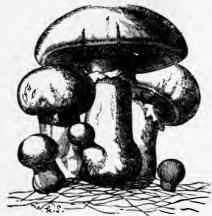
Two quarts fresh strawberries, I pint sugar, I quart water; boil the water and sugar together ½ hour, then add the strawberries

and cook 15 minutes longer; let this cool, and freeze; when the beater is taken out add 1 pint whipped cream; preserved fruit can be used instead of the fresh; in this case, to each quart of preserves add 1 quart water, and freeze.

# CHAPTER XIV.

# MUSHROOMS.

The peasants of a great portion of Europe eat mushrooms raw with salt and dry bread, and wholesome and good they are. The



true flavor of mushrooms, nevertheless, is greatly heightened by cooking; and cook them how you may—a broil, a stew, or a fry, with the simple addition of butter, salt, and pepper, and they are excellent. There is one rule that should always be observed in whatever mode they are cooked, and that is that they should be served up quickly and hot. The following modes of cooking mushrooms may prove useful.

#### MUSHROOMS AU GRATIN.

Take 12 large mushrooms about 2 inches in diameter, pare the stalks, wash, and drain the mushrooms on a cloth; cut off and chop the stalks; put in a quart stew-pan I ounce butter and ½ ounce flour; stir over the fire for 2 minutes; then add I pint broth; stir till reduced to ½ the quantity; drain the chopped stalks of the mushrooms thoroughly in a cloth; put them in the sauce with 3 tablespoons chopped and washed parsley, I tablespoon chopped and washed shalot, 2 pinches salt, I small pinch pepper; reduce on a brisk fire for 8 minutes, put 2 tablespoons oil in a saute pan, set the mushrooms in, the hollow part upwards; fill them with the fine herbs, and sprinkle over them lightly I tablespoon bread crumbs; put in a brisk oven for 10 minutes and serve.

#### MUSHROOMS A LA PROVENCALE.

Take mushrooms of good size; remove the stems and soak them in olive oil; cut up the stems with a clove of garlic and some parsley; add meat of sausages, and 2 yolks of eggs to unite them; dish the mushrooms, and garnish them with the forcemeat; sprinkle them with fine oil, and dress them in an oven.

# MUSHROOMS A LA CREME.

Trim and rub ½ pint button mushrooms, dissolve 2 ounces butter rolled in flour in a stewpan, then put in the mushrooms, I bunch parsley, I teaspoon salt, ½ teaspoon each of white pepper and powdered sugar, shake the pan round for 10 minutes, then beat up the yolks of 2 eggs, with 2 tablespoons cream, and add by degrees to the mushrooms; in 2 or 3 minutes you can serve them in the sauce.

## BAKED MUSHROOMS.

Peel the tops of 20 mushrooms; cut off a portion of the stalks, and wipe them carefully with a piece of flannel, dipped in salt; lay the mushrooms in a tin dish, put a small piece of butter on the top of each, and season them with pepper and salt; set the dish in the oven, and bake from 20 minutes to  $\frac{1}{2}$  hour; when done, arrange them high in the center of a very hot dish, pour the sauce round them and serve quickly and as hot as you possibly can.

#### BROILED MUSHROOMS.

Arrange the mushrooms, the hollow side up, in a wire broiler, sift a little salt and pepper and a light shower of flour over them; lay a tiny piece of butter in each one; brown the under side by holding the broiler, without inverting it, over a bed of glowing coals.

## BREAKFAST MUSHROOMS.

Clean I dozen or so of medium size; place 2 or 3 ounces nice, clean beef-dripping in the frying-pan, and with it I tablespoon or more of nice beef gravy; set the pan on a gentle fire, and as the

dripping melts, place in the mushrooms, adding salt and pepper to taste; in a few minutes they will be cooked, and being soaked in the gravy and served upon a hot plate, will form a capital dish.

# MUSHROOMS EN CROQUETTES.

Six large mushrooms, I small onion, I2 chestnuts, 2 eggs, I pinch of spice, 2 tablespoons butter. Chop the onion and fry with the mushrooms in butter; pound the chestnuts, spice, salt and pepper, and make into a paste with the eggs; form the mushrooms into balls, cover them with the paste and fry in boiling oil.

#### FRIED MUSHROOMS.

Soak a few minutes in salt and water, then fry slowly in butter, seasoning with salt and pepper; lay them upon a dish with the hollow side up, and pour over them the gravy formed of the butter and the juice of the mushrooms.

#### CURRIED MUSHROOMS.

Peel and remove the stems from a dish of full-grown mush-rooms, sprinkle with salt, and add a very little butter; stew them gently in a little good gravy or stock; add 4 tablespoons cream, and I teaspoon curry powder, previously well mixed with 2 teaspoons wheat flour; mix carefully, and serve on a hot dish, with hot toast and hot plates attendant. The large horse-mushroom, when  $\frac{1}{2}$  or  $\frac{3}{4}$  grown, and curried in this fashion, will be found to be delicious.

# MUSHROOMS EN CAISSE.

Peel the mushrooms lightly, and cut them into pieces; put them into cases of buttered paper, with a bit of butter, parsley, green onions, and shalots chopped up, salt and pepper; dress them on the gridiron over a gentle fire, and serve them in the cases.

#### MUSHROOM CATSUP.

Mushroom catsup is more highly esteemed and more generally useful than any other. It is best when made of large mushroom

flaps, fully ripe, fresh, and perfectly dry—that is, gathered during dry weather. If this point is not attended to the catsup will not keep. Do not wash nor skin the mushrooms, but carefully remove any decayed, dirty, or worm-eaten portions; cut off about 1/2 inch from the end of the stalks, then break the rest into small pieces, put them into an earthen jar, and strew 3/4 pound salt amongst 2 gallons mushrooms, scattering the larger portions on top; let them remain all night, and the next day stir them gently with a wooden spoon, and repeat this 3 times a day for 2 days; at the end of that time put the jar into a cool oven for 1/2 hour, then strain the liquid which flows from them through a coarse cloth, and let it boil for 1/4 hour; do not squeeze the mushrooms; to every quart of the liquid put 1/4 ounce each Jamaica ginger and black pepper, and I drachm mace; boil again till the quantity is reduced 1/2; pour it out and let it stand until cool, then put it into perfectly dry bottles, being careful to leave the sediment, which will have settled to the bottom, undisturbed; seal the corks, and keep in a cool, dry place.

#### MUSHROOMS EN RAGOUT.

Put into a stew-pan a little stock, a small quantity vinegar, parsley, and green onions chopped up, salt and spices; when this is about to boil, the mushrooms being cleaned, put them in; when done, remove them from the fire, and thicken with yolks of eggs.

#### MUSHROOMS WITH BACON.

Take some full-grown mushrooms, and having cleaned them, procure a few rashers of nice, streaky bacon, and fry it in the usual manner; when nearly done, add I dozen or so mushrooms, and fry them slowly until they are cooked; in this process they will absorb all the fat of the bacon, and with the addition of a little salt and pepper, will form a most appetizing breakfast relish.

# MUSHROOM STEMS,

If young and fresh, make a capital dish when the supply of mushrooms is limited. Rub them quite clean, and after washing

them in salt and water, slice them to the thickness of a shilling, then place them in a sauce-pan with sufficient milk to stew them tender; throw in a piece of butter and some flour for thickening, and salt and pepper to taste; serve upon a toast of bread, in a hot dish, and add sippets of toasted bread. This makes a light and very delicate supper dish, and is not bad sauce to a boiled fowl.

## TO STEW MUSHROOMS.

Trim and rub ½ pint large button-mushrooms; put into a stewpan 2 ounces butter; shake over the fire until thoroughly melted; put into the mushrooms, I teaspoon salt, ½ as much pepper, and a small piece of mace pounded; stew till the mushrooms are tender, then serve them on a hot dish. They are usually sent in as a breakfast dish, thus prepared in butter.

#### TO POT MUSHROOMS.

The small open mushrooms suit best for potting. Trim and rub them; put into a stew-pan I quart mushrooms, 3 ounces butter, 2 teaspoons salt and ½ teaspoon cayenne and mace mixed, and stew for 10 or 15 minutes, or till the mushrooms are tender; take them carefully out and drain them perfectly on a sloping dish, and when cold press them into small pots, and pour clarified butter over them in which state they will keep for a week or two. If required to be longer preserved put writing paper over the butter, and over that melted suet, which will effectually preserve them for many weeks, if kept in a dry, cool place.

#### TO PICKLE MUSHROOMS.

Select a number of small, sound, pasture mushrooms, as nearly as possible alike in size; throw them for a few minutes into cold water; then drain them; cut off the stalks, and gently rub off the outer skin with a moist flannel dipped in salt; then boil the vinegar, adding to each quart 2 ounces salt, ½ nutmeg sliced, I drachm mace, and I ounce white pepper-corns; put the mushrooms into the vinegar for IO minutes over the fire; then pour the whole into

small jars, taking care that the spices are equally divided; let them stand a day, then cover them.

#### ANOTHER METHOD.

In pickling mushrooms, take the buttons only, and while they are quite close, cut the stem off even with the gills, and rub them quite clean. Lay them in salt and water for 48 hours, and then add pepper and vinegar, in which black pepper and a little mace have been boiled. The vinegar must be applied cold. So pickled they will keep for years.

# MUSHROOMS, STUFFED.

Wash and remove the stalks from 6 large mushrooms. Simmer a minced onion in 2 tablespoons butter for 5 minutes, add ½ cup water, I cup bread crumbs, the mushroom stalks minced fine pepper and salt. Simmer together 3 or 4 minutes, then dip gently into the hollow of the mushrooms, sprinkling some dry crumbs over the top and brown in a hot oven 5 minutes.

#### MUSHROOM LOAF.

Boil mushrooms in a little water and butter for 5 minutes; then arrange in a deep buttered baking-dish alternate layers of mushrooms and bread crumbs, seasoning each with pepper and salt, and pouring over the whole the liquor in which the mushrooms have been cooked. Bake 8 minutes in a quick oven.

## MUSHROOMS ON TOAST.

See "Toast," in "Breakfast and Tea Cakes."

# CHAPTER XV.

# MEATS.

#### BOILING.

All pieces, unless very salt, should be plunged into boiling water, and boiled rapidly for 15 minutes, to harden the albumen that is on the outside, and thus keep in the juices; the kettle should then be put back where it will just simmer, for meat that is boiled rapidly becomes hard and stringy, while that which is kept just at the boiling point (where the water hardly bubbles) will cut tender and juicy, provided there is any juiciness in it at the beginning; white meats, like mutton and poultry, are improved in appearance by having rice boiled with them; or, a still better way is to thickly flour a piece of coarse cotton cloth, pin the meat in it, and place in the boiling water; meat cooked in this way will be extremely juicy.

# BROILING.

The fire for broiling must be clear, and for meats it must be hotter and brighter than for fish; coals from hard wood or charcoal are best, but in all large towns and cities hard coal is nearly always used, except in hotels and restaurants, where there is usually a special place for broiling with charcoal; the double broiler is the very best thing in the market for broiling meats and fish; when the meat is placed in it, and the slide is slipped over the handles, all there is to do is to hold the broiler over the fire, or, if you have an open range, before the fire; a fork or knife need not go near the meat until it is on the dish; a great amount of the juice is saved; with the old-fashioned gridirons it is absolutely necessary to stick a fork into the meat to turn it, and although there are little grooves for the gravy to run into, what is saved in this way does not compare with what is actually kept within the meat where the double



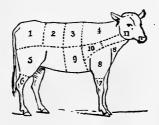


broiler is used. Professional cooks can turn a steak without running a fork into the meat, but not one in a hundred common cooks can do it.

#### ROASTING.

There are two modes of roasting; one is to use a tin kitchen before an open fire, and the other and more common way is to use a very hot oven; the former gives the more delicious flavor, but the second is not by any means a poor way, if the meat is put on a rack, and basted constantly when in the oven; a large piece is best for roasting, this being especially true of beef; when meat is cooked in a tin kitchen it requires more time, because the heat is not equally distributed, as it is in the oven.

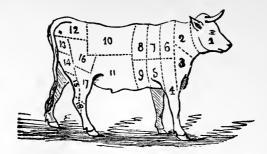
To prepare for roasting. Wipe the meat with a wet towel; dredge on all sides with salt, pepper and flour; and if the kitchen is used, dredge the flour into that; run the spit through the center of the meat, and place very near the fire at first, turning as it browns; when the flour in the kitchen is browned, add I pint of hot water, and baste frequently with it, dredging with salt and flour after each basting; roast a piece of beef weighing 8 pounds 50 minutes, if to be rare, but if to be medium, roast I 1/4 hours, and IO minutes for each additional pound.



SECTIONS OF CALF.

- I. Loin, chump end.
- 2. Loin, best end.
- 3. Neck, best end.
- 4. Neck, scrag end,
- 5. Fillet.
- 6. Hind knuckle.

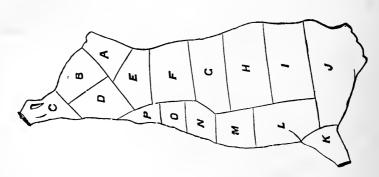
- 7. Fore knuckle.
- 8. Breast, brisket end.
- o. Breast, best end.
- 10. Blade-bone.
- II. Head.



## SECTIONS OF BULLOCK.

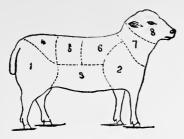
- .. Cheek.
- 2. Neck or Sticking Piece.
- 3. Clod.
- 4. Shin.
- 5. Shoulder or Leg of Mutton Piece.
- 6. Chuck Ribs.
- 7. Middle Ribs.
- 8. Fore Ribs.
- 9. Brisket.

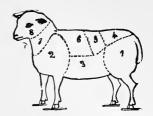
- 10. Sirloin.
- 11. Thin Flank.
- 12. Rump.
- 13. Aitch-bone.
- 14. Round or Buttock.
- 15. Mouse Buttock.
- 16. Veiny Piece.
- 17. Thick Flank.
- 18. Leg.



- A. Rump.
- B. Mouse Buttock.
- C. Leg or Hock.
- D. Buttock or Round.
- E. Aitch-bone or Top.
- F. Sirloin.
- G. Fore Ribs.
- H. Middle Ribs.

- I. Chuck Rib.
- J. Neck, Clod, or Sticking Piece.
- K. Shin.
- L. Shoulder or Leg of Mutton Piece.
- M. Brisket.
- N. Thin Flank.
- O. Thick Flank.
- P. Veiny Piece.





SECTIONS OF SHEEP, OR LAMB.

I. Leg.

2. Shoulder.

3. Breast.

4. Chump end of loin.

5. Best end of loin.

6. Best end of neck.

7. Scrag end of neck.

8. Head.

### TO CARVE AITCHBONE OF BEEF.

In carving an aitchbone of beef it is necessary that it should be cut across the grain. In order to do this the knife should follow

the line A to B in the illustration. The meat should be cut of a moderate thickness, and very evenly. Cut the lean and the fat in one slice, and if more fat is wanted, it should be taken horizontally from the side. Before



proceeding to serve, a slice of about 1/4 inch in thickness should be cut from the top, so that the juicy part of the meat may be obtained at once

# TO CARVE BRISKET OF BEEF.

The accompanying engraving represents the appearance of a brisket of beef ready for the table. There is no difficulty in



carving it. The only thing to observe is that it should be cut cleanly along the bones in the direction indicated by the dotted line, with a firm hand, in moderately thick slices. Cut it close

down to the bones, so that they may not have a rough and jagged appearance when removed.



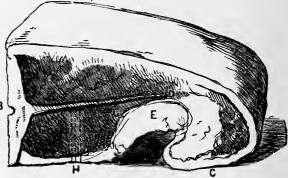
## TO CARVE RIBS OF BEEF.

The rib should be cut in thin and even slices from the thick end towards the thin. This can be more readily and cleanly done, if the carving-knife is first run along between the meat and the end and rib bones.

### TO CARVE SIRLOIN OF BEEF.

A sirloin should be cut with one good, firm stroke from end to end of the joint, at the upper portion, making the cut very clean from A, B to C. Then disengage it from the bone by a horizontal cut exactly to the bone, B to D, using the tip of the knife. Bad carving bears the hand away to the rind of the beef, eventually,

after many cuts, peeling it back to the other side, leaving a portion of the best of the meat adhering to the bone. Every slice B should be clean and even, and the sirloin should be cut fairly to the very



end. Many persons cut the under side whilst hot, not reckoning it so good cold; but this is a matter of taste, and so is the mode of carving it. The best way is first of all to remove the fat. E, which chops up well to make puddings, if not eaten at table. Then the under part can be cut as already described, from end to end, F to G, or downwards as shown by the marks at H

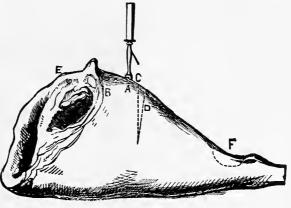
### MEATS AND THEIR ACCOMPANIMENTS.

With roast beef, grated horse-radish; roast pork, apple sauce; roast veal, tomato or mushroom sauce; roast mutton, currant jelly; boiled mutton, caper sauce; boiled chicken, bread sauce; roast lamb, mint sauce; roast turkey, cranberry sauce; boiled turkey, oyster sauce; venison or wild duck, black currant jelly; broiled fresh mackerel, sauce of stewed gooseberries; boiled blue-fish, white "cream" sauce; broiled shad, boiled rice and salad; compote of pigeons, mushroom sauce; fresh salmon, green peas, "cream" sauce; roast goose, apple sauce.

## LEG OF MUTTON, TO CARVE.

The leg of mutton comes to the table as shown in Fig. 1. Take the carving-fork, as usual, in your left hand, and plant it firmly in the joint, as shown by A, in Fig. 1, placing it rather over to the other side of the joint, and drawing the leg over toward you on the dish about 1/3, which brings the position of the fork from A to B. Cut straight down across the joint at the line marked C, not quite to the bone. Make the second cut a little on the slant, as shown in D, and take the piece out; continue cutting from each side slantingly as the line marked D, either from the thick or the knuckle

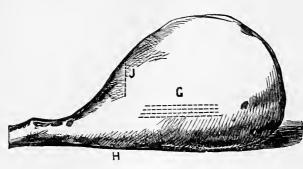
end, according to the taste of the person to be helped. A very small piece of the fat should be given with each slice of meat to those who like it. The knuckle, if any one asks for it, is first cut off in a lump, as shown by the circular line at



F, and afterwards in slices. Mutton should be cut thick, but it should not be cut to the bone; the slice in the center should not

penetrate so far as the circular kernel of fat found there, and called the "pope's eye," which is generally considered best to leave for hashing.

The back of a leg of mutton is not generally cut until cold, when it is best sliced lengthwise, as shown in Fig. 2; the meat is still cut thick, but not quite so thick as in the cut previously described. Cold mutton should be served with mashed potatoes



and pickles, and the remains hashed, as there is much left on the bone that does not cut up well, hot or cold. There is a part called the "crump bone" in a leg of mutton, which may

be removed by a similar cut from H to J in Fig. 2; it is usually relished cold. Fig. 2 shows the joint when turned 3 parts over, held by the fork as previously described, and the dotted line at J indicates the direction of the first cut.

#### MAKING TOUGH STEAK TENDER.

Take I teaspoon of salad oil, 2 teaspoons vinegar and a very little cayenne pepper; lay the steak upon it and let it remain I hour; then turn it over and let it lie I hour. Then fry or broil as usual, The vinegar softens the fibre and the oil keeps it soft. Steak may stand over night this way if turned about 10 o'clock. Pounding steak is a great mistake; it breaks up the fibre, but drives out the juice and destroys much of its nutriment.

### BROILED BEEFSTEAK.

To cook a good, juicy beefsteak, never pound it, have a nice bright fire and broil as quickly as possible, without burning; if the coals blaze from the drippings, sprinkle on a little salt, which will

instantly extinguish the flames. Steak should be turned constantly while broiling, and to be rare should not cook over 3 minutes; butter and salt after taking up. This should be served very hot.

### BEEFSTEAK FRIED.

If you have not a broiler, steak may be cooked nearly as well by heating the frying-pan very hot and just greasing it with a little butter, or a little of the chopped suet, and lay in the steak and keep turning until sufficiently cooked; then transfer to a hot platter and season with salt and pepper, and cover with butter and serve.

## BOSTON STEAK.

Procure 2 tender porterhouse steaks, season with salt and pepper, baste with sweet oil, and broil rather rare of a nice color. Put in a sauce-pan 4 ounces fresh, white bread crumbs, dilute with 2 ladles stock, add salt and pepper, stir and boil for 10 minutes, then press forcibly through a strainer; add 2 tablespoons grated horseradish and 2 ounces butter; stir but do not let boil. Put the steaks on a hot dish and serve with the sauce in a sauce-bowl.

## BEEFSTEAK AND MUSHROOMS.

Boil the mushrooms in milk for 8 minutes, then season, add I tablespoon butter, and thicken with a little browned flour; lay the broiled beefsteak, which has been broiling meanwhile, on a platter, and pour the mushrooms and sauce over it.

### BEEFSTEAK WITH OYSTER SAUCE.

Have the steaks cut of an equal thickness, broil them over a clear fire, turning often, that the gravy may not escape; broil from 8 to 10 minutes, according to thickness; scald 3 dozen oysters in their own liquor, remove the oysters, strain the liquor and add sufficient milk to make  $\frac{2}{3}$  pint; thicken with 2 tablespoons flour, rubbed smooth in the same quantity of butter; stir constantly until the sauce is thick enough and perfectly smooth; add the oysters, let them get well heated but do not allow to boil; pour the oysters over the steak and serve.

### BEEFSTEAK SMOTHERED WITH ONIONS.

Melt a lump of butter in a frying-pan; cover the bottom of the pan with onions sliced very thin; then lay the steak over them. When the onions are fried until they are tender, put the beef on the bottom of the pan and cover it with the onions; add butter or lard as you need it. Liver cooked in this way is nice also. When it is done, lay it on a platter and heap the onions on the meat. A very little gravy made in the pan in which you have cooked the meat and onions is an addition, but make only a little and turn over the meat, seasoning it well with salt and pepper.

## BEEF SMOTHERED IN TOMATO.

Cut an onion fine and fry it slowly in I tablespoon butter in a stew-pan; add I pint tomatoes cooked and strained, I teaspoon salt, a little pepper and I pound beef cooked or uncooked, cut in small pieces. Simmer very slowly until the meat is tender.

### BEEFSTEAK PIE.

Cut the steak into pieces I inch long, and stew with the bone (cracked) in just enough water to cover the meat until it is half done. Line a pudding-dish with a good paste. Put in a layer of the beef, with salt and pepper, and a very little chopped onion; then one of sliced boiled potatoes, with a little butter scattered upon them, and so on until the dish is full. Pour over all the gravy in which the meat is stewed, having first thrown away the bone and thickened with flour. Cover with a crust thicker than the lower, leaving a slit in the middle.

### BEEFSTEAK PIE AND PUDDING.

Take 2 pounds rump steak, ½ pound beef kidney, ½ dozen mushrooms, I dozen fresh oysters and 3 eggs. Cut the meat into small pieces and stew gently for I hour, with a pinch of salt and just water enough to cover; chop the mushrooms, and boil the eggs hard, and cut them in slices; line a large basin or pudding-dish with rich crust or puff-paste around the sides; put the meat in

layers with the mushrooms, sliced eggs and freshly opened oysters, wetting with the oyster liquor, and season pleasantly with salt and pepper; have it all covered with the liquor, adding water if necessary; but reserve the gravy from the meat to be thickened, and used as a dressing for the pie when served. Place the pie in the hottest part of the oven at first until the crust is well set, then remove to a cooler part where it will cook more slowly; let it bake to a rich, golden brown. If a bright, glazed appearance is desired brush the crust with the white of an egg while baking. For pudding, make the same, then tie the dish strongly in a pudding-cloth, and put into boiling water and boil for 3 hours; then allow it to stand out a few minutes before removing the cloth. Serve in the same dish, with a clean napkin pinned around it.

### BEEFSTEAK PUDDING.

Four cups prepared flour, I cup cold water, ½ cup suet, 2 pounds round steak, cut into pieces as for stewing; pepper, salt and ketchup. Free the suet from strings and rub it to powder. Chop it into the flour, add a pinch of salt, and work with the water into a paste just stiff enough to be handled. Line a round, plain bowl with this, first buttering the inside of the vessel. The paste should not be over I inch thick. Fill with the cut meat, sprinkling each layer with pepper and salt and dashes of ketchup. Cover the top with a piece of pastry cut to fit it, pinching the edges of the pastry, lining and covering closely together. Tie over all a good-sized pudding-cloth, floured liberally on the inside, and fastened securely, but not so tightly as to hinder the pastry's swelling. Set the mold in a pot with boiling water enough to cover it well. Boil hard 2 hours, taking care that the water is filled up as fast as it boils away. When it is done plunge it upside down for a second in cold water, untie the cloth, slip a dish carefully under the inverted mold and turn the pudding out upon it.

## BOILED CORN BEEF.

Wash, and put into cold water, if very salt; but such a piece as one finds in town and city shops, and which the butchers corn

themselves, put into boiling water and cook very slowly for 6 hours. This time is for a piece weighing 8 or 10 pounds. When it is to be served cold, let it stand for 1 or 2 hours in the water in which it was boiled. If the beef is to be pressed, get either a piece of the brisket, flank or rattleran. Take out the bones, place in a flat dish or platter, put a tin sheet on top, and lay on it 2 or 3 bricks. If you have a corned beef press, use that, of course.

### BOILED FLANK OF BEEF.

Wash the flank and make a bread dressing, which spread over it, first having salted and peppered well; roll up and tie; wind the twine around it several times, then sew up in a cloth; put a small plate in the kettle and put in the meat; pour over boiling water enough to cover it and boil 6 hours. When done remove the cloth, but not the twine until cold; then cut in thin slices.

### BEEF BALLS.

Mince very fine a piece of tender beef, fat and lean; mince an onion, with some boiled parsley; add grated bread crumbs, and season with pepper, salt, grated nutmeg and lemon-peel; mix all together and moisten it with an egg beaten; roll it into balls, flour and fry them in boiling fresh dripping. Serve them with fried bread crumbs.

## POT ROAST.

Put on stove a rather thick piece of beef with little bone and some fat; four hours before needed, pour on just boiling water enough to cover, cover with a close-fitting lid, boil gently, and as the water boils away add only just enough from time to time to keep from burning, so that when the meat is tender, the water may all be boiled away, as the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy, by stirring flour and water together and adding to the drippings; season with salt I hour before it is done.

### ROLLED RIB ROAST.

Either have the butcher remove the bones, or do it yourself by slipping a sharp knife between the flesh and bones—a simple matter with almost any kind of meat. Roll up the piece and tie with strong twine. Treat the same as plain roast beef, giving the same time as if it were a piece of rump (1½ hours for 8 pounds), as the form it is now in does not readily admit the heat to all parts. This piece of beef can be larded before roasting, or it can be larded and braised. Serve with tomato or horseradish sauce.

## ROAST BEEF, WITH YORKSHIRE PUDDING.

A rib or sirloin roast should be prepared as directed for roasting. When within  $\frac{3}{4}$  hour of being done, have the pudding made. Butter a pan like that in which the meat is being cooked, and pour in the batter. Put the rack across the pan, not in it. Place the meat on the rack, return to the oven, and cook 45 minutes. If you have only I pan, take up the meat, pour off the gravy and put in the pudding. Cut in squares and garnish the beef with these. Another method is to have a pan that has squares stamped in it. This gives even squares and crust on all the edges, which baking in the flat pan does not. When the meat is roasted in the tin-kitchen, let the pudding bake in the oven for  $\frac{1}{2}$  hour, and then place it under the meat to catch the drippings.

For the Yorkshire pudding, I pint milk,  $\frac{2}{3}$  cup flour, 3 eggs, and I scant teaspoon salt will be needed. Beat the eggs very light; add salt and milk, and then pour about  $\frac{1}{2}$  cup of the mixture upon the flour; and when perfectly smooth, add the remainder. This makes a small pudding,—about enough for 6 persons. Serve it hot.

#### FILLET OF BEEF.

This is to be larded and dressed with a brown mushroom sauce. Trim the fat off a tenderloin of beef, and if you are going to dress it for dinner trim off the corners somewhat; it wants to be the shape of a fillet whole; a whole fillet is usually too large for a family dinner; trim down the loin so it is smaller at each end; save

the pieces of meat trimmed off, cut up in bits I inch square and make a stew with a few mushrooms or potatoes; never by any means throw them away; after the fillet is trimmed lard it by inserting little strips of fat salt pork over the upper surface with a larding needle; after larding lay on a baking-pan with thin slices of salt pork under it, and put buttered paper over it to prevent burning the pork; bake or roast it; it is usually served rare; then it should roast 15 minutes to a pound; if it is to be well done it should roast 20 minutes for each pound; season when brown, not before, with pepper and salt.

## FILLET OF BEEF WITH MUSHROOMS.

To prepare the fillet at home, first remove with a sharp knife the muscular covering on the side of the fillet; lard with salt pork; put I small onion sliced, I carrot chopped, I stalk of celery cut in small pieces, and 4 cloves in the bottom of a baking-pan; put the fillet on top of these, dredge with pepper, and spread over thick with butter, add ½ a teacup of boiling water; bake in a quick oven for ½ hour, basting frequently; when done, take up and lay on a hot dish; put in the pan I tablespoon butter rolled in flour, and let brown, mix well with I pint good soup stock, let come to a boil, strain into a small sauce-pan, and add I pint of fresh, canned or dried mushrooms; cook 3 minutes, take from the fire, add I teaspoon Worcestershire sauce, a little salt and pepper; pour over the fillet and serve.

## BFEF A LA MODE.

Take a round of beef, remove the bones from the middle, also all the gristle and tough parts about the edges; have ready ½ pound fat, salt pork, cut into strips as thick and long as your finger. Frepare a nice dressing the same as for stuffing a turkey. With a thin sharp knife make perpendicular incisions in the meat about ½ an inch apart, thrust into them the pork, and work in with them some of the dressing; proceed thus until the meat is thoroughly plugged. Put it into a baking pan with a little water at the bottom; cover tightly and bake slowly 4 hours; then uncover, and

spread the rest of the dressing over the top, and bake until a nice brown. After taking up, thicken the gravy and pour over the beef; it should be sliced horizontally; is good either hot or cold.

## BRISKET OF BEEF STEWED.

Take 6 pounds beef, and, before dressing it, rub it over with vinegar and salt; place it in a stew-pan with stock or water sufficient to cover it. Allow it to simmer for I hour, skimming it well all the time. Put in 6 each of carrots, turnips, and small onions; and allow all to simmer until the meat is quite tender, which will require about 2 hours more. As soon as it is ready the bones should be removed. Boil for a few minutes as much of the gravy as will be required with flour and a little butter, and season it with catsup, allspice and mace. Pour a little of it over the brisket, and send the remainder to the table in a separate dish.

### PRESSED BEEF.

Boil a shin of 12 pounds meat until it falls readily from the bone; pick it to pieces; mash gristle and all very fine; pick out all the hard bits. Set the liquor away; when cool, take off all the fat; boil the liquor down to 1½ pints. Then return the meat to it while hot; add pepper and salt and any spice you choose. Let it boil a few times, stirring all the while. Put into a mold or deep dish to cool. Use cold and cut in thin slices for tea, or warm it for breakfast.

## SPICED BEEF.

Take 7 pounds of the thin flank, salted; remove the inside skin and powder the beef well with a mixture of pounded nutmeg, ginger, mace and cloves, also black pepper and cayenne. Roll it up tight and tie it with a tape, putting a skewer at each end, or roll it in thin muslin, to keep in the seasoning; cover it up close in a pan of cold water and simmer for 4 hours. When you remove it from the fire place it between 2 plates, with a weight on the top, or in a meat presser; remove the tapes and skewers before it comes to table. To be eaten cold.

### DRIED BEEF IN CREAM.

Shave your beef very fine; pour over it boiling water; let it stand for a few minutes; pour this off and pour on good rich cream; let it come to a boil. If you have not cream, use milk and butter, and thicken with a very little flour; season with pepper, and serve on toast or not, as you like.

## FRIZZLED BEEF.

Shave off very thin slices of smoked or dried beef, put them in a frying-pan, cover with cold water, set it on the back of the range or stove, and let it come to a very slow heat, allowing it time to swell out to its natural size, but not to boil. Stir it up, then drain off the water. Melt I ounce sweet butter in the frying-pan, and add the wafers of beef. When they begin to frizzle or turn up, break over them 3 eggs; stir until the eggs are cooked; add a little white pepper, and serve on slices of buttered toast.

### POTTED BEEF.

The round is the best piece for potting, and you may use both the upper and under part. Take 10 pounds beef, remove all the fat, cut the lean into square pieces, 2 inches thick. Mix together 3 teaspoons salt, I each of pepper, cloves, mace, cinnamon, allspice, thyme, and sweet basil. Put a layer of the pieces of beef into an earthen pot, sprinkle some of this spice mixture over this layer, add I piece of fat salt pork, cut as thin as possible, sprinkle a little of the spice mixture over the pork, make another layer of the beef with spices and pork, and so on, until the pot is filled. Pour over the whole 3 tablespoons of Tarragon vinegar, or, if you prefer it, ½ pint Madeira wine; cover the pot with a paste made of flour and water, so that no steam can escape. Put the pot into an oven, moderately heated, and let it stand there 8 hours; then set it away to use when wanted. Beef cooked in this manner will keep good a fortnight in moderate weather. It is an excellent relish for breakfast, and may be eaten either warm or cold. When eaten warm serve with slices of lemon.

#### BEEF HEART.

Wash the heart in several waters, clean the blood carefully from the pipes, and put it to soak in vinegar and water for 2 hours or more; drain it and fill it either with ham forcemeat or sage and onion stuffing; fasten it securely, tie it in a cloth, put into a pan of boiling water, and let it simmer gently for 2 hours; take off the cloth and roast the heart while hot, basting it plentifully with good dripping for 2 hours longer; serve with good brown gravy and currant jelly. The stewing may be omitted and the heart simply roasted for 3 or 4 hours, but the flesh will not then be so tender.

## BOILED BEEF TONGUE.

Put a fresh tongue on the fire with just cold water enough to cover it, and with it I carrot, I onion, I bay-leaf, 2 slices lemon, some black pepper, salt and a little garlic. Let it simmer gently for about 2 hours till quite tender. Skin and trim it. Either serve it whole or cut it in slices, and arrange in a ring with the following thick sauce in the center: Strain the liquor in which the tongue was cooked (this should be reduced by simmering to a mere gravy); brown I large tablespoon flour in a good sized piece of butter; braise 2 or 3 cloves of garlic, and let them steam a little while in the browning; then add the strained gravy by degrees, stirring it quite smooth. Add a little lemon-juice or vinegar; and whether it be served whole or sliced, dish the sauce with the tongue. If garlic is objected to, make a sauce of grated horse-radish, a carrot bruised fine, capers and a little wine. Garnish with lemon-slices and parsley.

## PRESSED TONGUE.

Cover a large beef tongue with cold water, put on the stove and let simmer 4 hours, take up and stand away to cool; boil the liquor until reduced to 1 pint; chop the tongue in small pieces; add to it 1/4 teaspoon ground cloves, 1/4 teaspoon ground mace, 1/2 teaspoon each of ground cinnamon, allspice and white pepper, I teaspoon salt and a small pinch of cayenne pepper; mix well and

press in a square can or mold; add to the boiling liquor 3 table-spooms vinegar, pour over the meat, press down and set in a cool place 10 hours; then loosen the sides, turn it out carefully, and slice thin when ready to serve.

### BAKED TONGUE.

Parboil and skin the tongue as for roasting; trim it neatly; mince 2 boiled onions and I bunch parsley together; mix with these 3 tablespoons fine cracker-crumbs seasoned with as much cayenne as desired, according to taste, I blade mace and 6 pounded cloves; spread the seasoned crumbs over the tongue and cover. them with the thinnest possible slices of bacon; roll the tongue with the thick part in the middle, put it in a small baking-pan, cover it with broth, and bake it slowly in the oven from 3 to 4 hours; when done put it in a mold and press till cold. If the thin portion of tongue is not eaten it may be preserved to grate for seasoning omelets and forcemeats.

### TONGUE CHEESE.

Take I beef tongue, 2 calves' livers, 3 pounds salt pork, and boil until thoroughly cooked; mince together very fine, season to taste with spices, press the mass into a pan and allow to get cold; slice thin and serve upon a napkin in a lunch-dish.

### TO BOIL TRIPE.

Wash it well in warm water, and trim it nicely, taking off the fat; cut into small pieces, and put it on to boil 5 hours before dinner in water enough to cover it very well; after it has boiled 4 hours, pour off the water, season the tripe with pepper and salt, and put it into a pot with milk and water mixed in equal quantities; boil it I hour in the milk and water.

Boil in a sauce-pan 10 or 12 onions; when they are quite soft, drain them in a colander, and mash them; wipe out your sauce-pan and put them on again, with a bit of butter rolled in flour and I wine-glass cream or milk; let them boil up, and add them to the

tripe just before you send it to table; eat it with pepper, vinegar and mustard.

It is best to give tripe its first and longest boiling the day before it is wanted.

### TRIPE FRIED IN BATTER.

Two beaten eggs, well-seasoned with pepper and salt, I pound tripe; cut the tripe into small squares, dip in the egg, roll in flour, drop in hot lard, and fry to a nice brown.

## TRIPE A LA LYONNAISE, WITH TOMATOES.

This economical dish, which is in reach of every family, is also very fine. Take 2 pounds dressed and boiled tripe, cut into small strips 2 inches long, and put into a sauce-pan; parboil and drain off the first water; chop I small onion fine, and let all stew 20 minutes; add ½ cup thickening, and then stir in ½ can tomatoes; season with salt and pepper. This dish has become very popular in all the hotels throughout the country.

## BEEF KIDNEYS.

One kidney, 2 tablespoons parsley, lemon-juice; cut the kidney into dice, and stew it gently in  $\frac{1}{2}$  pint water for 2 hours; chop the parsley, and add it with lemon-juice, salt and pepper to the above,  $\frac{1}{2}$  hour before serving; garnish with mushrooms or French beans.

## BROILED LIVER.

Cut into thin slices, brush over with a little melted butter, season with pepper and salt, and toast to a nice brown on both sides.

#### FRIED LIVER.

Cut in thin slices, drain, roll in meal or cracker crumbs, and fry to a nice brown in hot lard or in a buttered frying-pan.

## RAGOUT OF LIVER.

Heat 3 or 4 spoons nice dripping in a frying-pan; add 1 onion, sliced, 1 tablespoon chopped parsley, and twice as much breakfast

bacon; when all are hissing hot, lay in the liver cut in pieces as long and wide as your middle finger and fry brown, turning often; take out the liver and keep warm in a covered hot water dish; strain out the gravy, rinse out the frying-pan, and return to the fire with the gravy and I even tablespoon butter worked up well in 2 of browned flour. Stir until you have a smooth, brown roux, thin gradually with ½ cup boiling water and the juice of ½ lemon, add I teaspoon minced pickle and a scant ½ teaspoon curry powder wet with cold water. Boil sharply, pour over the liver, put fresh boiling water in the pan under the dish, and let all stand closely covered for 10 minutes before serving.

#### BRAISED VEAL.

Take a piece of the shoulder weighing about 5 pounds; have the bone removed and tie up the meat to make it firm; put a piece of butter the size of ½ an egg, together with a few shavings of onion, into a kettle or stone crock and let it get hot; salt and pepper the veal and put it into the kettle, cover it tightly and put it over a medium fire until the meat is brown on both sides, turning it occasionally; then set the kettle back on the stove, where it will simmer slowly for about 2½ hours; before setting the meat back on the stove, see if the juice of the meat together with the butter do not make gravy enough, and if not, put in about 2 tablespoons hot water; when the gravy is cold it will be like jelly; it can be served hot with the hot meat, or cold with the cold meat.

### COLLARED BREAST OF VEAL.

Bone a breast of veal; lay it on the table and spread on it a thick layer of oyster forcemeat (see oyster forcemeat); roll the veal as tightly as possible, and bind it with a tape; put it into boiling water; let it boil up once; skim the liquor carefully; set the saucepan back and simmer the contents gently until done; put the bones into a separate saucepan with a moderate-sized onion, a bunch of sweet herbs, and a little pepper and salt; let them simmer till the liquor is strong and pleasantly flavored; strain it, thicken with a little flour and butter, and stir into it 2 or 3 tablespoons thick

cream, or, if milk has to be used, beat into it the yolk of an egg; serve the meat on a hot dish with the sauce poured over; this dish may be garnished with forcemeat balls, and with the sweetbreads cut into slices, egged, and bread-crumbed and fried; or a little parsley and sliced lemon may be used instead; the meat may be baked instead of boiled, and then a little weak stock should be put into the pan with it, and it should be basted frequently.

## ROASTED BREAST OF VEAL.

If the sweetbread is retained, skewer it to the back; season and cover with a buttered paper; put it into a moderate oven and baste liberally till it is done; when it is roasted about 1½ hours, remove the paper, flour the joint and let it brown; serve on a hot dish with melted butter poured over; garnish with sliced lemon. Forcemeat balls may be served with the veal and mushroom sauce sent to the table with it. Time, 20 minutes to the pound.

### VEAL CHOPS.

Trim off superfluous fat and gristle, and broil over a clear fire. Place on a hot dish, pepper, salt and butter each one and sprinkle with minced parsley.

#### VEAL COLLOPS.

Cut meat from the lean part of veal into pieces the size of an oyster. Have a seasoning of salt, pepper and a little mace mixed, rub some over each piece, dip in egg, then into cracker crumbs, and fry like oysters.

### FRIED VEAL CUTLETS.

Put into a frying-pan 2 or 3 tablespoons lard or beef drippings. When boiling hot lay in the cutlets, well seasoned with salt and pepper, and dredged with flour. Brown nicely on both sides, then remove the meat, and if you have more grease than is necessary for the gravy, put it aside for further use. Reserve I tablespoon or more, and rub into it I tablespoon flour, with the back of the spoon, until it is a smooth, rich, brown color; then add gradually I cup

cold water and season with pepper and salt. When the gravy is boiled up well return the meat to the pan and gravy. Cover it closely and allow it to stew gently on the back of the range for 15 minutes. This softens the meat, and with this gravy it makes a nice breakfast dish.

Another mode is to simply fry the cutlets, and afterward turning off some of the grease they were fried in and then adding to that left in the pan a few drops of hot water, turning the whole over the fried chops.

## BROILED VEAL CUTLETS.

Two or 3 pounds veal cutlets, egg and bread-crumbs, 2 table-spoons minced savory herbs, salt and pepper to taste, a little grated nutmeg.

Cut the cutlets about 3/4 inch thick, flatten them, and brush them over with the yolk of an egg; dip them into bread-crumbs and minced herbs, season with pepper and salt, and fold each cutlet in a piece of white letter paper well buttered; twist the ends, and broil over a clear fire; when done remove the paper. Cooked this way, they retain all the flavor.

## BOILED FILLET OF VEAL.

Choose a small, delicate fillet; prepare as for roasting, or stuff it with an oyster forcemeat; after having washed it thoroughly, cover it with water and let it boil very gently  $3\frac{1}{2}$  or 4 hours, keeping it well skimmed. Send it to the table with a rich white sauce, or, if stuffed with oysters, a tureen of oyster sauce. Garnish with stewed celery and slices of bacon. A boiled tongue should be served with it.

## ROAST FILLET OF VEAL.

Select a nice fillet, take out the bone, fill up the space with stuffing, and also put a good layer under the fat. Truss it of a good shape by drawing the fat round, and tie it up with tape. Cook it rather moderately at first, and baste with butter. It should have careful attention and frequent basting, that the fat may not

burn. Roast from 3 to 4 hours, according to the size. After it is dished, pour melted butter over it; serve with ham or bacon, and fresh cucumbers, if in season. Veal, like all other meat, should be well washed in cold water before cooking and wiped thoroughly dry with a clean cloth. Cold fillet of veal is very good stewed with tomatoes and an onion or two.

In roasting veal, care must be taken that it is not at first placed in too hot an oven; the fat of a loin, one of the most delicate joints of veal, should be covered with greased paper; a fillet, also, should have on the caul until nearly done enough.

### FRICASSEED VEAL.

Put the veal in a dry kettle with a lump of butter in the bottom, and fry for 15 minutes. Then add just enough water to cover the meat, and simmer slowly until done. Thicken the liquor with cream and flour, precisely as for fricasseed chicken, and you have a dish little inferior to the latter.

### FRICANDEAU OF VEAL.

Take a 4-pound fillet of veal, trim into a nice shape, and lard on top. Put thin slices of pork into a braising-kettle or sauce-pan, lay over sliced carrot, I stalk of celery, some parsley, and I onion with cloves stuck in it. Put the meat on top of the vegetables, sprinkle over pepper and salt. Fill the kettle with boiling stock to cover the meat. Cover with a tight lid and bake in a moderate oven  $2\frac{1}{2}$  hours.

# CALF'S HEAD, BOILED.

Take a calf's head, cut it in two, and take out the brains; wash the head in several waters, and let it soak in warm water for ½ hour; place it in a sauce-pan of cold water, and when the water comes to a boil, skim carefully; season when nearly done; half a head, without the skin, will require from 1½ to 2 hours; it must stew gently till tender; if you wish it full dressed, score it superficially, beat up the yolk of an egg, and rub it over the head with a feather; powder it with a seasoning of finely-minced or dried and

powdered winter savory, thyme, or sage, parsley, pepper and salt, and bread crumbs, and brown in the oven; when dry, pour melted butter over. You may garnish the dish with broiled rashers of bacon.

## CALF'S BRAINS A LA RAVIGOTE.

Wash the brain in several waters, and free them from skin and fibre; boil them for 10 minutes in salt and water mixed with 1 tablespoon vinegar, and when they are firm, cut them in slices, dip them in a batter, and fry them to a light brown. Place them in a circle on a hot dish with a little fried parsley in the center, and send ravigote sauce (see Sauces and Catsups) to table with them.

## CALF'S HEAD CHEESE.

Boil I calf's head in water enough to cover it, until the meat leaves the bones; then take it with a skimmer into a wooden bowl or tray; take from it every particle of bone, chop it small, season with pepper and salt—I heaping tablespoon salt and I of pepper will be sufficient; if liked, add I tablespoon finely-chopped sweet herbs; lay in a cloth in a colander, put the minced meat into it, then fold the cloth closely over it, lay a plate over it, and on it a gentle weight; when cold it may be sliced thin for supper or sandwiches; spread each slice with made mustard.

## CALF'S LIVER ROASTED.

Procure a fine liver and lard it according to directions given for larding other meats, and let it stand 24 hours in a pickle made as follows: Diluted vinegar enough to cover the liver (if the vinegar is very strong, use ½ water, if not strong use less water), I onion sliced, I tablespoon each of chopped thyme and parsley, salt and pepper to taste; bake in a hot oven; put I cup hot water, in which you have put I tablespoon butter, into the baking-pan, and baste often; will require from I to 2 hours to bake, according to size; serve with a brown sauce. This may seem like a complicated recipe for such a common-place dish, but I hope you will give it a fair trial if you eat liver at all.

## STEWED LIVER.

One pound liver, cut into inch squares, ½ pound chopped salt pork, I good-sized onion, minced fine, I tablespoon sweet herbs; sprinkle the meat thickly with the onion, herbs and a little pepper; place it in a tin pail with a closely-fitting cover, and set this in an outer vessel of cold water; bring this to a boil and let it cook steadily 2 hours; uncover the inner pail, transfer the liver with a split spoon to a hot dish, thicken the gravy left in the pail with browned flour, boil up and pour over the liver.

# CALF'S HEART, ROASTED.

Wash the heart very clean, soak it in vinegar and water, fill it with a forcemeat made of 4 ounces bread-crumbs, 2 ounces butter, 2 tablespoons chopped parsley, ½ teaspoon finely-minced lemonrind, and a little salt and cayenne; fasten the heart securely and bake for 2 hours; serve it with good melted butter, mixed with I tablespoon lemon-juice or vinegar. A calf's heart is improved by partially boiling before it is roasted.

# CALF'S HEART, FRIED.

Wash and soak the heart, cut it into slices about ¼ inch thick and fry these in a little hot dripping or butter; about 5 minutes before they are done put I slice bacon into the pan for each slice of heart, and when they are sufficiently cooked, serve on a hot dish and cover each piece of heart with I slice bacon; boil 2 or 3 tablespoons thin flour and water in the pan in which the meat was fried; season it with pepper and salt, add I tablespoon red currant jelly, and serve as hot as possible; the slices of heart will fry in 15 minutes.

### VEAL LOAF.

Four pounds chopped veal, ½ pound salt pork, chopped fine, 4 eggs, 4 tablespoons bread crumbs, ½ pint milk, 1½ teaspoons salt, 3 teaspoons sage, ½ teaspoon black pepper; mix thoroughly, put in a bread-pan, spread the top with butter and bake 3 hours.

## VEAL AND HAM PIE.

Stew about 2 pounds veal, very slowly, for I hour, then cut it into pieces the size of a walnut, also partially cook 3/4 pound ham, or good streaky bacon. Put a layer of the veal—which ought to be lean—at the bottom of the pie-dish, and sprinkle over a seasoning of grated lemon-rind, powdered mace, and finely minced savory herbs; lay upon these a few small pieces of the ham, or bacon, with some slices of hard-boiled eggs, and repeat in alternate layers till the dish is sufficiently full, letting ham form the topmost layer. A good pinch of pepper may be added to the above seasoning, but very little salt, as the ham generally provides sufficient. Pour over the whole ½ pint stock and cover with a crust. An excellent gravy may be made by stewing the veal bones, either in stock or water—the former of course to be preferred—with I onion, I bunch of savory herbs, I blade of mace, and about I inch of lemon rind; season with salt and pepper, strain, and serve.

### VEAL OLIVES.

Three pounds veal cutlet, cut into slices about 6 inches long, by 3 wide; I pint oysters; I cup forcemeat, made of fine bread crumbs and a little fat salt pork minced very small, moistened with the oyster liquor and seasoned with pepper, salt and sweet herbs. Spread each slice of veal with the forcemeat, lay a couple of small oysters, or a large one in the centre, roll up the meat with the oyster inside and pin the roll with a small skewer. Lay them in a dripping pan, pour over them a cup of boiling water in which has been melted I tablespoon butter, bake covered for I hour, basting frequently with the gravy, uncover and brown. Keep the olives warm while you thicken the gravy with browned flour and season it with 2 tablespoons tomato ketchup. Pour the gravy around the olives in the dish.

## VEAL POT-PIE.

Take a boiling piece of veal and, when nearly done, add dumplings made in this way: Take 2 cups sifted flour, 2 good teaspoons

baking powder, a little salt, and mix into a very stiff dough with rich, sweet milk; roll out and cut into squares and drop in with the boiling meat, and keep them boiling 20 minutes. If these directions are followed there will be no heavy dumplings, they will be just as light warmed over for another meal. After taking up the meat and dumplings, make the gravy rich by adding a good piece of butter and a little flour wet in milk.

#### SWEETBREADS.

There are 2 in a calf, which are considered delicacies. Select the largest. The color should be clear and a shade darker than the fat. Before cooking in any manner let them lie for ½ hour in tepid water; then throw into hot water to whiten and harden, after which draw off the outer casing, remove the little pipes, and cut into thin slices. They should always be thoroughly cooked.

### STEWED SWEETBREADS.

Soak 2 sweetbreads in cold water for I hour, change the water twice, put them in boiling water IO minutes till they are firm, then take them out and place them in cold water until wanted; place them in a stew-pan, cover them with stock and simmer nearly I hour; take them out, place them on a hot dish, remove the gravy from the fire a minute, and add to it gradually the yolk of I egg and 4 tablespoons cream; put this over a fire till the sauce thickens, but do not let it boil; before serving add the juice of I lemon, pour the sauce around the sweetbreads, and send to table with a dish of green peas; they may be cut up and fried after dipping in egg and rolled in crumbs. Sweetbreads are very nice broiled and served with Maitre d'Hotel butter; garnish with parsley.

#### SWEETBREADS AND CAULIFLOWERS.

Take 4 large sweetbreads and 2 cauliflowers; split open the sweetbreads and remove the gristle; soak them a while in lukewarm water, put them into a sauce-pan of boiling water, and set them to boil 10 minutes; afterwards lay them in a pan of cold water to make them firm; the parboiling is to whiten them; wash,

drain and quarter the cauliflowers; put them in a broad stew-pan, with the sweetbreads on them; season with a little cayenne and a little nutmeg, and add water to cover them; put on the lid of the pan, and stew I hour; take ¼ pound fresh butter and roll it in 2 tablespoons flour; add this with I cup milk to the stew, and give it one boil up and no more; serve hot, in a deep dish. This stew will be found delicious.

### TOMATO SWEETBREADS.

Cut up 1/4 peck fine ripe tomatoes; set them over the fire, and let them stew in nothing but their own juice till they go to pieces, then strain them through a sieve; have ready 4 or 5 sweetbreads that have been trimmed nicely and soaked in warm water; put them into a stew-pan with the tomato-juice, and a little salt and cayenne; add 2 or 3 tablespoons butter, rolled in flour; set the sauce-pan over the fire, and stew the sweetbreads till done; a few minutes before you take them up, stir in 2 beaten yolks of eggs; serve the sweetbreads in a deep dish, with the tomato poured over them.

### VOL AU VENT OF SWEETBREADS.

Make rich puff paste and stand on ice all night; the next morning roll out  $\frac{1}{3}$  inch thick; cut out as many cakes as are required with a tin circular cutter about 2 inches in diameter; take a second cutter 1 inch smaller, press into the tops of the little patties, allowing it to sink  $\frac{1}{2}$  way through the crust; brush the tops with beaten egg; put on ice, and let it stand until very cold, then put in a hot oven and bake; when done remove the pieces marked out with a sharp pen-knife; scrape out the center, fill with nicely-cooked sweetbreads, replace the tops, and set away until ready to serve.

## LAMB CHOPS, BROILED.

Cut the chops about ½ inch thick, trim them neatly, removing the superfluous fat, place them on a hot gridiron over a clear fire and brown them nicely on both sides. Season them with salt and pepper, and serve as hot as possible. Garnish with parsley.

Mashed potatoes, asparagus, green pease, or spinach, are usually served with lamb chops.

## LAMB CHOPS, FRIED.

Cut a loin or neck of lamb into chops from ½ to ¾ inch in thickness. Dip each one into beaten egg and afterward into breadcrumbs, flavored as follows: Mix 3 ounces finely grated breadcrumbs with 1 saltspoon salt, ½ saltspoon pepper, 1 tablespoon finely chopped parsley and ¼ teaspoon finely minced lemon-rind. Fry the chops in good drippings until lightly browned on both sides. Serve on a hot dish and garnish with slices of lemon or crisp parsley.

### LAMB CUTLETS.

Trim the slices free from fat, beat up the yolk of I egg with rasped bread or crackers, season with pepper and salt, dip in the cutlets and fry in butter gently, until thoroughly done.

## ROAST QUARTER OF LAMB.

Trim the joint and skewer 3 or 4 slices bacon securely to the outer side, brush 3 ounces clarified butter over the inner part and

strew upon it a thick covering of finely grated bread-crumbs seasoned with pepper, salt and a little finely minced parsley. Put in the oven, and when nearly done remove the bacon and baste the meat with the beaten yolk of egg mixed with gravy, throw some



more bread-crumbs over it and let it remain until nicely browned. If liked, squeeze the juice of I lemon over it and serve with mint sauce.

### FRICASSEE OF LAMB.

Take a breast of lamb and cut it into pieces about 1½ inches square; season with salt and pepper. Put them into a sauce-pan,

with a quartered onion, 3 cloves, I bay-leaf, and 3 ounces butter. Cover the sauce-pan closely, and let it steam gently for ½ hour, shaking it occasionally to prevent sticking. Add I pint boiling water; cover closely once more and boil gently for I hour; then strain the sauce and thicken with I tablespoon flour (mix the flour smoothly with a little cold water before adding it to the sauce), boil a moment longer, and serve. A tablespoon of very small capers may be added before serving.

## BREAST OF LAMB WITH ASPARAGUS TOPS.

Remove the skin and part of the fat from a breast of lamb, and cut it into neat pieces; dredge a little flour over them, and place them in a stew-pan with I ounce butter; let them remain until nicely browned; cover the meat with warm water, add I bunch parsley, 2 button onions; simmer until the meat is cooked; skim off the fat, take out the onions and parsley, and mince the latter finely; return it to the gravy with I pint of the tops of boiled asparagus, add salt and pepper, simmer a few minutes longer, and serve. Canned asparagus may be used when the fresh vegetable is out of season.

## LAMB PIE.

Take some cutlets from the upper portion of a leg of lamb, and cut them into pieces about 3 inches square; season slightly with salt and pepper; let them stew in a very little water for ½ hour; in the meantime prepare a delicate paste, allowing I pound butter to I pound flour, adding water gradually enough to make a dough; when in readiness, the upper crust should be the thickest; put in the stewed lamb with its gravy, intersperse some blades of mace, add a few sliced potatoes and boiled turnips, cover the meat lightly with some chopped boiled celery and pieces of butter, or for the celery boiled cauliflower may be substituted, seasoned with nutmeg.

### SADDLE OF LAMB.

A saddle of lamb is a dainty joint for a small party. Sprinkle a little salt over it, and set it in the dripping-pan, with a few small

pieces of butter on the meat; baste it occasionally with tried-out lamb-fat; dredge a little flour over it a few minutes before taking from the oven. Serve with the very best of currant jelly, and send to table with it a few choice early vegetables. Mint sauce may be served with the joint, but in a very mild form.

## STEWED LAMB WITH GREEN PEASE.

Take 2 pounds lamb, put it into a stew-pan and cover with cold water; after removing the scum add a little pepper and salt, then let the meat stew for 1½ hours or nearly 2 hours; now add some boiling water (to make gravy); add your green pease (½ peck before shelling); let these cook about 20 minutes; stir up 1 tablespoon flour into ½ cup milk and mix with the stew; let this cook 2 minutes.

## LAMB SWEETBREADS AND TOMATO SAUCE.

Lamb sweetbreads are not always procurable, but a stroll through the markets occasionally reveals a small lot of them, which can invariably be had at a low price, owing to their excellence being recognized by but few buyers. Wash them well in salted water and parboil 15 minutes; when cool, trim neatly and put them in a pan with just butter enough to prevent their burning; toss them about until a delicate color; season with salt and pepper and serve, surrounded with tomato sauce. See "Sauces,"

### BOILED LEG OF MUTTON.

Cook, as directed, in boiling water to cover. A leg that weighs 8 or 9 pounds will cook in 1½ hours if it is wanted done rare. Allow 5 minutes for every additional pound. Save the water for soups.

## BOILED BREAST OF MUTTON.

Take out the bones, gristle, and some of the fat; flatten it on the kneading-board, and cover the surface thinly with a forcemeat made of bread crumbs, minced savory herbs, a little chopped parsley, pepper, salt and I egg. The forcemeat should not be spread too near the edge, and when rolled, the breast should be

tied securely, to keep the forcemeat in its place. If gently boiled, and served hot, it will be generally liked. Serve with good caper sauce.

## BREAST OF MUTTON WITH PEASE.

Cut about 2 pounds of the breast of mutton into small, square pieces; put them into a stew-pan with about I ounce butter, and brown them nicely, then cover with weak broth or water, and stew for an hour; remove the meat from the stew-pan, and clear the gravy from fat; put the meat into a clean stew-pan, add I onion or shallot sliced finely, a bunch of sweet herbs, some pepper and salt, and strain the gravy over all; stew for another hour, then put in I quart young pease, and serve in about 20 minutes. Macaroni may be used in the place of pease.

## BAKED MUTTON CHOPS AND POTATOES.

Wash and peel some potatoes and cut them into thin slices; after which wash them in 2 or 3 waters, then arrange them neatly in layers in a brown stone dish proper for baking purposes; sprinkle a little salt and pepper between each layer, and add a sufficient quantity of cold water to prevent their burning; place in a hot oven—on the top shelf—so as to brown the potatoes in a few minutes: have ready some nice loin chops; trim off most of the fat; make them into a neat round shape by putting a small skewer through each; when the potatoes are nicely browned, remove the dish from the oven, and place the chops on the top; add a little more salt and pepper and water if required, and return the dish to a cooler part of the oven, where it may be allowed to remain until sufficiently cooked, which will be in about 3/4 of an hour. When the upper sides of the chops are a nice crisp brown, turn them over so as to brown the other side also. If, in the cooking, the potatoes appear to be getting too dry, a little hot water may be gently poured in at the corner of the dish. Serve in same dish, as turning the potatoes out would spoil their appearance. Those who have never tasted this dish have no idea how delicious it is.

## BROILED MUTTON CHOPS.

Sprinkle the chops with salt, pepper, and flour; put them in the double broiler; broil over or before the fire for 8 minutes; serve on a hot dish with butter, salt, and pepper or tomato sauce; the fire for chops should not be so hot as for steak. Chops can be seasoned with salt and pepper, wrapped in buttered paper, and broiled 10 minutes over a hot fire.

## FRIED MUTTON CHOPS.

First select well-fed mutton, but not too fat, and get the chops evenly cut; if not, beat them into shape with the chopper; not more than ½ of the chop should be fat; put I ounce butter or lard into the frying-pan; when it is entirely melted seize the chop at the bone end with a fork, and dip it for ½ minute into the fat, then turn on one side, sprinkle with salt and pepper, and if liked, finely chopped shallot or onion, and savory herbs; in 3 minutes turn, and serve the other side the same; equalize the cooking by frequent turning, but give the chop altogether not more than 10 minutes. A piece of garlic, if the flavor be approved, may be rubbed across the dish when hot, or it may be rubbed lightly across the chop. Serve with plain or maitre d'hotel butter.

### BROILED CHOPS AU FRANCAIS.

Trim the fat and gristle from the chops and broil them 10 minutes over a hot fire, turning them often and watching that they do not smoke; have ready a puree of potatoes, made of 1 cup mashed potatoes, beaten light with 1 egg, 1 teaspoon butter, ½ cup milk, and a sprinkling of salt and pepper; lay the chops in a baking-pan, and put 1 spoon of the potato on top of each; set in a quick oven long enough to brown the potato, and serve at once, before it falls.

### CURRY OF MUTTON.

Put 6 button onions, cut fine, and I ounce butter into a saucepan with I ounce curry-powder, I teaspoon salt, I tablespoon flour, and ½ pint cream; stir until smooth; remove the bones from 2

pounds mutton, cut it into neat pieces, and fry a light brown; put the meat into a sauce-pan, pour the sauce over it, and boil gently 1½ hours; place the meat on a hot dish, and arrange a border of boiled rice neatly round it. Cold boiled mutton, cut into slices, may be used instead of the raw meat. Veal may be used instead of mutton.

## MUTTON CUTLETS WITH PROVINCALE SAUCE.

Use ½ of a medium-sized onion, I tablespoon butter; put over the fire and gradually add I spoon flour, I cup water, ½ cup thyme, season with pepper and salt and stir constantly; add the yolks of 2 raw eggs and cook until about as thick as cream; this sauce can be used on cold meats, or in cooking raw meat. When used in cooking cutlets or other meats, the meats should be very slightly cooked on both sides in a hot skillet, then have a pot of fat large enough for the meat to swim in. Dip the cutlets in the sauce and put them in the boiling fat. Take them out and roll in cracker dust and bread-crumbs; put them back, and do this occasionally until the meat floats on top of the fat. They are done.

## MUTTON CUTLETS A LA MINUTE.

The mutton for these cutlets should be cut from the middle of the leg, and sliced thin; season slightly with salt and pepper; fry the meat quickly over a brisk fire, to make it crisp, turning it often; let the cutlets be kept warm in the oven while the gravy is preparing; have ready some mushrooms, chopped with I shallot, a sprig or two of parsley and thyme, minced fine. Stew these in the butter for a few minutes, and season with salt and pepper; add flour and water, strain and serve round the cutlets.

### MUTTON CUTLETS AND PUREE OF POTATOES.

Boil or steam 2 pounds mealy potatoes, mash them smooth, put them into a stew-pan with 2 or 3 ounces butter, 2 or 3 tablespoons cream or broth, pepper and salt; make them hot, and pile them in the center of a hot dish. The cutlets may be bread-crumbed and fried, or, if preferred, broiled and served round the puree.

### LEG OF MUTTON WITH CAPER SAUCE.

Cut off the shank bone, put it into a large stew-pan or kettle, with as much boiling water as will cover it; when restored to its boiling state, skim the surface clean, and set the stew-pan back and allow the contents to simmer until done; allow for a leg of mutton of 9 or 10 pounds, from  $2\frac{1}{2}$  to 3 hours from the time it boils; boil very young turnips for a garnish, also boil larger turnips to mash; place the young turnips, which should be of equal size, round the dish with the mutton and send the mashed ones to the table separately; melted butter, with capers added, should accompany the dish. The liquor from the boiling will make a good soup.

## HAUNCH OF MUTTON A LA VENISON.

Mix 2 ounces celery salt with ½ pound brown sugar; rub it well into the mutton, which should be placed in a deep dish for 4 days, and basted 3 or 4 times a day with the liquor that drains from it; then wipe it quite dry, and rub in ¼ pound more sugar, mixed with a little common salt, and hang it up, haunch downwards; wipe it daily till it is used. In winter it should be kept 2 or 3 weeks and roasted in paste, like venison. Serve with currant jelly. The paste (made with flour and water) should be removed 15 minutes before serving.

### LARDED SHOULDER OF MUTTON.

Make deep, narrow cuts in the shoulder of mutton with a sharp knife and in these incisions insert narrow strips of fat, salt pork. They should be long enough to project a little way on each side. Lay the mutton in a dripping-pan, dash 2 cups boiling water over, cover with another pan and bake 2 hours, basting from time to time with its own gravy. When it is tender, uncover and brown, basting twice with butter and currant jelly. Keep the meat hot, while straining and thickening the gravy left in the pan. Send to table separately.

## ROAST MUTTON, STUFFED.

Have the shoulder-bone extracted by the butcher, leaving a cavity for the stuffing. Make a dressing of crumbs and chopped

pork, well seasoned with pepper, salt and sweet herbs. Take a few stitches in the edges of the opening to keep the forcemeat from escaping. Lay the meat in the baking-pan, dash I cup boiling water over it and bake about 15 minutes to the pound. Baste frequently. When done transfer to the platter and set in a hot place while you cool, skim and strain the gravy and thicken it with browned flour. Pour a little of the gravy over the meat and serve the remainder separately.

## MUTTON TONGUE WITH TOMATOES.

Boil and skin the tongues; split them longwise; season and pour over it a rich tomato sauce.

### MUTTONETTES.

Cut slices from a leg of mutton about ½ inch thick. On each slice lay I spoon of stuffing made with bread-crumbs, beaten egg, butter, salt, pepper, sage and summer savory. Roll up the slices, pinning with little skewers or small wooden toothpicks to keep the dressing in. Put a little butter and water in a baking-pan with the muttonettes, and cook in hot oven ¾ hour. Baste often, and when done thicken the gravy, pour over the meat, garnish with parsley, and serve on hot platter.

# SHEEP'S HEART, BAKED.

Wash 2 or 3 sheeps' hearts in lukewarm water, fill them with veal forcemeat, and skewer them securely. Fasten a rasher of fat bacon around each, place them in a deep dish, and with them a little good stock, and an onion stuck with 2 cloves. Bake in a moderate oven for 2 hours; draw off the gravy; thicken with a little flour and butter, and season it with salt and pepper and I tablespoon mushroom or walnut catsup. Put the hearts on a hot dish, pour the gravy over them, and send red currant jelly with them to the table.

#### SCOTCH HAGGIS.

Take the stomach of a sheep, wash it well, and let it soak for several hours in cold salt and water, then turn it inside out, put it

into boiling water to scald, scrape it quickly with a knife, and let it remain in water until wanted; clean a sheep's pluck thoroughly; pierce the heart and the liver in several places, to let the blood run out, and boil the liver and lights for 11/2 hours; when they have boiled 1/2 hour, put them into fresh water, and, during the last 1/2 hour, let the rest of the pluck be boiled with them; trim away the skins and any discolored parts there may be, grate 1/2 the liver, and mince all the rest very finely; add I pound finely-shred suet, 2 chopped onions, 1/2 pint oatmeal, or, if preferred, 1/2 pound oatcakes, toasted and crumbled, 2 teaspoons salt, and I of pepper, 1/2 a nutmeg, grated, and I grain cavenne; moisten with 1/2 pint good gravy and the juice of I small lemon, and put the mixture into the bag already prepared for it; be careful to leave room for swelling, sew it securely, and plunge it into boiling water; it will require 3 hours' gentle boiling; prick it with a needle every now and then, especially during the first half hour, to let the air out. A haggis should be sent to table as hot as possible, and neither sauce nor gravy should be served with it. The above is sufficient for 8 or 10 persons.

## PORK.

The finest parts and those usually used for roasting are the loin, the leg, the shoulder, the spare-rib and chine. The hams, shoulders and middlings are usually salted, pickled and smoked. Pork requires more thorough cooking than most meats; if the least underdone it is unwholesome.

To Choose Pork.—If the rind is thick and tough, and cannot be easily impressed with the finger, it is old; when fresh, it will look cool and smooth, and only corn-fed pork is good; swill or still-fed pork is unfit to cure. When dressing or stuffing is used, there are more or less herbs used for seasoning,—såge, summer savory, thyme, and sweet majoram; these can be found (in the dried, pulverized form, put up in small, light packages) at most of the best druggists'; still those raised and gathered at home are fresher.

## PORK, TO COOK.

Large pork, such as portions of the shoulder, loin, or spare-rib, of large bacon hogs, may be cooked as follows: Rub the joint with pepper and salt, and put it into a large saucepan with a closely-fitting lid. When nearly done, add 2 or 3 onions and carrots, with ½ dozen stalks celery, 4 sage leaves, I bunch parsley, I small sprig of marjoram and thyme, and as much stock or water as will cover the whole. Let the liquors boil up; skim carefully; then set back and simmer gently for 3 or 4 hours, according to size of joint. When the pork is done enough, lift it out, put the vegetables round it, strain and thicken a portion of the gravy, and pour it boiling hot over the pork. When the pork is removed from the table, trim it neatly and place on a clean dish to be eaten cold, or thicken the rest of the gravy and pour over the meat to be warmed over.

## PORK, BELLY ROLLED AND BOILED.

Salt a belly of pork—young meat is the best—by mixing I salt-spoon powdered saltpetre with 2 tablespoons common salt, sprinkle the mixture over the pork and let it lie for 3 days. When ready to dress the meat, wash it in cold water, and dry it with a cloth. Lay it, skin downwards, on the table, remove the bones, and cover the inside with pickled gherkins cut into thin slices. Sprinkle over these a little powdered mace and pepper. Roll the meat tightly and bind securely with tape. Put it into a sauce-pan with 2 onions stuck with 6 cloves, 3 bay-leaves, I bunch parsley, and I sprig thyme. Bring the liquid slowly to a boil, skim carefully, draw it to the back of stove, and simmer gently till the meat is done enough. Put it between 2 dishes, lay a weight upon it, and leave it until quite cold. The bandages should not be removed until the meat is ready to be served. Time to simmer, ½ hour per pound.

## PORK BRAWN.

Take a small pig's head with the tongue, and 2 pig's feet. Clean and wash them, sprinkle 2 tablespoons salt over them, and let them drain until the following day; dry them with a soft cloth and rub

into them a powder made of 6 ounces common salt, 6 ounces moist sugar, 3/4 ounce saltpetre, and 3/4 ounce black pepper. Dry the powder well, and rub it into every part of the head, tongue, ears and feet; turn them over and rub them again every day for 10 days. Wash the pickle from them, cut off the ears, and boil the feet and ears 11/2 hours; then put in the head and tongue, cover with cold water, and boil until the meat will leave the bones. Take them up, drain, cut the meat into small pieces; first remove all bones and skin the tongue. Season the mince with 1 teaspoon white pepper, 3 saltspoons powdered mace, 1 saltspoon each of powdered nutmeg and cayenne. Stir all well together, press the meat while warm into a brawn-tin, and lay a heavy weight on the lid. Put in a cool place until the following day; dip the mold in boiling water, turn the brawn out, and serve with vinegar and mustard.

### PORK AND BEANS.

Take 2 pounds side pork, not too fat nor too lean, and 2 quarts marrowfat beans; put the beans to soak the night before you boil them in I gallon milk-warm water; after breakfast, scald and scrape the rind of the pork, and put on to boil I hour before putting in the beans; as soon as the beans boil up, pour off the water and put on I gallon fresh water; boil until quite tender, adding more water if necessary; great care must be taken that they do not scorch; when nearly as stiff as mashed potatoes, put into a baking-dish, score the pork and put in the center; brown in the oven I hour. If preferred use corned beef instead of pork.

# PORK CHOPS, FRIED.

Cut pork chops ½ inch thick; trim them neatly; sprinkle them on both sides with a little salt and pepper. Melt a little butter in a frying-pan, put the chops in it and fry them until they are thoroughly done. If liked, a little powdered sage may be sprinkled over them before serving. Send apple sauce to table with them.

## PORK CHOPS, BROILED.

Cut the chops rather less than ½ inch thick. Have a clear fire; make the gridiron hot before putting the chops on it; pepper the chops, and when nearly done sprinkle salt, and a little powdered sage over them. Let them be done through, turn frequently, and serve hot. Tomato sauce eats well with pork chops.

# PORK CUTLETS, BROILED.

Pork cutlets are best taken from the neck or fore loin of small dairy-fed pork, not very fat; neatly trim them; score the skin at regular intervals and flatten the cutlets with a cutlet-bat; brush them over with oil, season with salt and pepper, and place them on a hot gridiron over a clear fire; turn them occasionally, that they may be equally browned on both sides, and let them be thoroughly cooked. Put them on a hot dish, and send tomato, piquant or any appropriate sauce to table with them.

## PORK CUTLETS, FRIED.

Melt 2 ounces butter in a sauce-pan, and stir into it I teaspoon chopped parsley, I teaspoon each of chopped sage and minced shallot; move these ingredients about for a few minutes, then add a little salt and pepper, and 2 well-beaten eggs; dip the cutlets first into this mixture, then into finely-grated bread-crumbs, and let them stand IO minutes; melt a little butter in a frying-pan, fry the cutlets in it, and when thoroughly done, serve with a good brown sauce.

# LEG OF PORK, GOOD AS GOOSE.

Parboil a leg of pork and take off the skin; make a stuffing as follows: Mince 2 ounces of onion very finely; mix with it ½ chopped apple, 4 ounces bread-crumbs, ½ dozen chopped sage leaves, I ounce butter, and a little pepper and salt. Bind the mixture together with the yolk of an egg. Make a slit in the knuckle, put the stuffing into it, and fasten securely. Put the pork into the oven and baste liberally. Half an hour before it is taken up, sprinkle over it a savory powder made of 2 tablespoons bread-

crumbs mixed with I tablespoon powdered sage, and a little pepper and salt. Do not baste the meat after the powder is put upon it. Serve with good brown gravy and apple sauce.

## BOILED LEG OF PORK WITH PEASE PUDDING.

Take a leg of pork and rub it over with salt; put it into a vessel and cover with salt and let it stand for 10 days. At the end of that time boil it in soft water, and serve with cabbage all round it, and a pease pudding made as follows: Take I quart dry pease, wash them, tie them in a clean bag, and boil with the pork. When the pease are done, strain them through a colander, put in a large lump of butter, some salt and 2 yolks eggs, and put back into the bag, and boil again for ½ hour. The pease must be put into cold, soft water for 2 hours before being boiled, otherwise they will never boil tender.

## ROAST LOIN OF PORK.

Score the skin of a fresh loin of pork at equal distances about 1/4 inch apart. Brush it over with salad oil, season with salt and pepper, and place in a moderate oven. Baste liberally with butter or dripping at first, and when done serve on a hot dish, and serve with brown gravy and apple sauce. If liked, a little sage and onion stuffing may be served on a separate dish.

### PORK PIES.

Make a crust as for chicken pies. Cut the meat into pieces the size of a small nut, and keep the lean and fat separate. Season the whole with pepper and salt and I teaspoon powdered sage. Pack the fat and lean closely into the pie in alternate layers until it is filled; put on the top crust and ornament according to taste; brush over with well-beaten egg, and bake in a slow oven as the meat is solid and requires to be cooked through, the outside pieces will be hard unless cut very small and pressed closely together. Take the bones and trimmings of the pork and stew them to make gravy; boil it until it will jelly when cold, strain, thicken and flavor, and when the pie is done raise the top crust and fill it with the gravy, and send the balance of the gravy to table in a tureen.

## PORK POT-PIE.

Take a fresh spare-rib, or pieces of ribs of lean salt pork, also a slice or two of the fat of salt pork; scald it well with hot water so as to wash out the briny taste. Put it into a kettle and cover it with cold water, enough for the required want. Cover it and boil I hour, season with pepper; then add ½ dozen potatoes cut into quarters. When it all commences to boil again, drop in dumplings made from receipt given with "Veal Pot-Pie."

## ROAST SPARE-RIB.

Take a nice spare-rib with part of the tenderloin left in; season with salt and a little pepper; sprinkle with summer savory; put in a pan with a little water; baste often and roast until nicely browned and thoroughly well done.

## ROAST SPARE-RIB, NO. 2.

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with turkey dressing, sew up tightly, place in a dripping-pan with I pint water, baste frequently, turning over once so as to bake both sides equally until a rich brown.

#### SALT PORK.

Salt pork may be considerably varied by various modes of cooking, and here are several French methods:

Pork and Cabbage.—Cut the pork in slices and freshen a little, if extremely salt; cut in slices, also, I firm head winter cabbage or 2 small ones; put a thick layer of the cabbage in a large stew-pan; shred I onion very fine, and scatter over it, also a few whole peppercorns, 2 or 3 cloves, and, if liked, a pinch of thyme and summer savory; lay on the pork, then the remainder of the cabbage, seasoning as above; cover with plenty of water, and boil for 2 hours.

Pork Baked with Apple.—Cut I pound salt pork in thin slices and freshen in cold water brought to a boil; take 2 tart apples, I onion and ½ dozen potatoes; pare them all and slice: mix all

together with the pork in a baking-tin, season with black pepper, add water to barely cover, and bake for 2 hours.

Salt Pork with Pease.—Cut I pound pork in slices, and these in large dice; have ready I pint split peas, soaked over night in cold water; I carrot cut in dice may also be added; simmer all together for 2 hours; rice may be used instead of pease.

Pork with Pig's Liver.—Cut in dice 1/4 pound fat pork or bacon, with I pound fresh pig's liver; fry the pork lightly, then add the liver; season with salt and pepper, and fry for 5 minutes; add I pint boiling water and I pound turnips, cut in small dice; simmer for I hour. Most delicious with mushrooms instead of the turnips.

Grilled Salt Pork.—Take quite thin slices of the thick part of side pork, of a clear white, and thinly streaked with lean; hold I on a toasting-fork before a brisk fire to grill; have at hand a dish of cold water, in which immerse it frequently while cooking, to remove the superfluous fat and render more delicate; put each slice as cooked in a warm, covered pan; when all are done, serve hot,

### BAKED PIG.

Take a pig about 6 weeks old, nicely prepared, score in squares, and rub lard all over it; make a dressing of 2 quarts corn meal, salted as if for bread, and mix to a stiff dough with boiling water; make into pans and bake; after this is baked brown, break it up, and add to it ¼ pound butter, pepper to taste, and thyme; fill the pig till plump, sew it up, and place it on its knees in the pan, which fill with as much water as will cook it; baste it very frequently with the gravy, also 2 red pepper pods; turn while baking, same as turkey, and continue to baste till done. Some use turkey-dressing instead of above.

# PIGS' FEET, PICKLED.

Take pigs' feet, scrape and wash them clean; put them into a sauce-pan, with enough hot (not boiling) water to cover them; when partly done, salt them; it requires 4 to 5 hours to boil them soft; pack them in a stone crock, and pour over them spiced vinegar made hot; they will be ready to use in I or 2 days. If

you wish them for breakfast, split them, make a batter of 2 eggs, to cup milk, salt, I teaspoon butter, with flour enough to make a thick batter; dip each piece in this, and fry in hot lard, or dip them in beaten egg and flour, and fry. Souse is good eaten cold or warm.

# PIGS' FEET, PRESSED.

Boil the hocks and feet of equal quantity loose in a pot till the meat will fall freely from the bones; season well with pepper and salt; put into a pan while hot and press it. Cut in slices and serve with vinegar or Worcestershire sauce. Both of the above are great delicacies if properly cooked.

# JOWL WITH SPINACH.

Wash I corned pig's cheek in 3 or 4 waters; put into a pot and cover with cold water; let it boil slowly 2½ hours; send it to table on a dish of boiled spinach that has not been cut fine.

### HEAD CHEESE.

Boil the several parts of the entire head and the feet, in the same way as for souse; all must be boiled so perfectly tender that the meat will separate easily from the bones; after neatly separated, chop the meat fine while warm, seasoning with salt, pepper, sage, or other spices, to taste; put in a strong bag, place a weight on it, and let it remain until cold, or put it in any convenient dish, placing a plate with a weight on it to press the meat; cut in slices, roll in flour, and fry in lard, or serve cold.

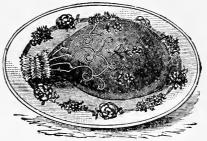
## TO GLAZE HAMS.

Remove the rind by taking hold of the thick end first; trim it neatly, put it in the oven for a few minutes, and press a cloth over it to dry it; brush it over with a paste brush dipped in glaze—a strong, clear gravy boiled down as thick as syrup; to melt the glaze, put the jar which contains it into a sauce-pan of boiling water, and stir until dissolved; brush the ham with 2 or 3 coats.

## BAKED HAM-Corned.

Take a medium-sized ham and place it to soak for 10 or 12 hours; then cut away the rusty part from underneath, wipe it dry, and cover it rather thickly over with a paste made of flour and

water; put it into an earthen dish, and set it in a moderately-heated oven; when done, take off the crust carefully, and peel off the skin, put a frill of cut paper around the knuckle, and raspings of bread over the fat of the ham, or serve it glazed and garnished with cut vegetables; it will take



about 4 or 5 hours to bake it. Cooked in this way the flavor is much finer than when boiled. Fresh ham may be cooked in the same way.

### BOILED HAM.

Wash the ham very clean, and put on with cold water to cover. Simmer gently 5 hours, and set the kettle aside for I or 2 hours. When nearly cold, take out the ham and draw off the skin. Cover with cracker crumbs and about 3 tablespoons sugar. Place in the oven, in a baking-pan, for 30 or 40 minutes. Many people stick cloves into the fat part of the ham, and use only a few crumbs. The time given is for a ham weighing about I2 pounds; every pound over that will require I5 minutes more. The fish-kettle comes next to a regular ham-kettle, and answers quite as well as both. If you have neither kettle, and no pot large enough to hold all the meat, cut off the knuckle, which will cook in about 2 hours. But this rather hurts the flavor and appearance of the dish.

### BONED HAM.

Soak I ham in water over night. Boil tender, let cool, and carefully remove all the bones. Make a stuffing of bread-crumbs, season with herbs, fill the space with the dressing, cover the ham with grated crakers and a little brown sugar, bake I hour, baste with

white wine. When done, place between 2 large dishes under a heavy weight. Cut it across like beef tongue when cold.

### HAM AND EGGS.

Cut the ham into thin slices and broil, and spread over it a little butter. Poach the eggs in salted water and lay neatly upon the ham.

# HAM AND EGGS, NO. 2.

Ham should be cut not more than ½ to 3-8 inch thick. The rind should be trimmed off, and if it is to be broiled, a portion of the fat also. It should be cooked done in either case, though not so as to be dry and hard. For frying, put in a little butter and let it get hot before putting in the ham. When done pour off the clear fat and rinse the spider with a little hot water; pour this on the ham as a gravy. The rind, and any bits of fat that may be cut off, should be put in a spider and the fat fried out. It makes a good ham gravy, which is good to fry eggs in, or for shortening.

The eggs should be fried in ham gravy or pork gravy, but this should first be poured off from the sediment of salt in the spider, which should be rinsed out as above directed, and the clear fat returned to the spider. This gives the eggs a brownish tinge, and helps to season them, and is much better than clear lard, although a little lard may be added if necessary. Have the fat hot, break the eggs in a saucer, pour them in the spider; baste the upper side with the hot fat until done to the taste.

### HAM TORTILLA.

One-half pound ham, 3 eggs, 4 ounces butter or oil. Cook the ham, chop it, and put it with the butter or oil in a pan. Beat and season the eggs with mustard and pepper; pour them in and stir for a moment, then let the tortilla set, taking care that it does not adhere to the pan. When lightly browned turn and brown the other side.

## FRIZZLED HAM.

Cut the lean part of a ham in thin shavings, put I tablespoon butter in a frying-pan, and, when hot, put in the shaved ham, fry 5

minutes, then sprinkle over it I tablespoon flour, fry until brown; now pour I pint milk over it and let boil I minute. Pepper to taste.

### HAM AND LIVER.

One pound calf's liver, ½ pound ham, ½ cup gravy from your soup stock, I cup fine bread-crumbs, 2 eggs, well beaten, minced onions and parsley, pepper and salt at discretion.

Boil the liver and chop it fine. If you have no cold ham in the house, buy a slice, boil it and chop it also. Mix with the liver and add the soup stock. Stir in the seasoning, eggs and crumbs. Grease a Boston brown bread mold or a small tin pail with a closely fitting top, put the mixture into this, fit on the lid and set in a vessel of boiling water, taking care that the water does not come to the top of the mold. Boil 2 hours, turn out and pour I cup of good drawn butter over it.

### SCRAPPEL.

Take the head, heart and any lean scraps of pork, and boil until the flesh slips easily from the bones. Remove the fat, gristle and bones, then chop fine. Set the liquor in which the meat was boiled aside until cold, take the cake of fat from the surface and return to the fire. When it boils, put in the chopped meat and season well with pepper and salt. Let it boil again, then thicken with corn-meal as you would in making ordinary corn meal mush, by letting it slip through the fingers slowly to prevent lumps. Cook I hour, stirring constantly at first, afterwards putting back on the range in a position to boil gently. When done, pour into a long, square pan, not too deep, and mold. In cold weather this can be kept several weeks. Cut into slices when cold, and fried brown, as you do mush, is a cheap and delicious breakfast dish.

#### BAKED SAUSAGE.

These are excellent and save the spattering of the grease over the stove incident to frying; place them in a hot oven and bake

till brown, or roll in egg, then in fine bread-crumbs, and place them on a greased baking-pan and bake for 15 minutes in a hot oven.

# SAUSAGE CROQUETTES.

Take 2 pounds sausage, 4 eggs, I cup butter, I cup milk; add sufficient bread-crumbs to thicken; roll in cracker meal and fry brown.

SAUSAGE ROLLS.

Take puff-paste, roll out  $\frac{1}{8}$  inch thick; then cut in squares of 4 inches each, lay them on a board; have sausage meat ready, made in small rolls, and place one on each square of pastry. Wet the edges and bring them together. Work with beaten white of 1 egg, bake nice and brown. If properly made these rolls are very dainty.

# COLD MEAT COOKERY.

The English housekeeper of moderate means pays great attention to the re-cooking of cold meat, and it must be confessed that she is more fortunate in her efforts than the average American. The secret of success lies in never allowing meat that is being cooked a second time to come to boiling heat, and another in the choice of method in regard to it. For instance, cold boiled meat does not hash well, but makes excellent fricassees, or is good served with sauce piquant, or minced, whereas roast meat is best re-cooked either as hash, or in the case of rare roast beef, grilled with onions like steak. Some plain receipes for cold meat cookery may not come amiss.

#### FRICANDELLES.

Take cold beef, veal, or any other meat, the more variety the better, hash it fine, and mix with 2 eggs, a little grated onion, melted butter, 2 crackers pounded, pepper, salt; form into balls and fry in butter. Serve with drawn butter flavored with lemon.

## COLD ROAST BEEF AND ONIONS.

The beef must be quite rare; cut it in 1-inch slices, pepper and salt them. Slice up a couple of large onions and fry them a

rich brown, take them out of the frying-pan and make a gravy in it of flour and stock. Lay the slices of beef on the gridiron and heat them thoroughly, slightly browning on either side, place them round a dish with the fried onions in the center, and pour the gravy over the whole.

# CROQUETTES OF COLD BEEF OR MUTTON.

Chop the meat finely, sprinkling it with flour, and at the same time chop an onion and a sprig of parsley. Add the same weight of bread-crumbs. Mold together with a raw egg, and shape into oval cakes, or egg-shaped balls. Melt enough lard in a frying-pan to more than cover them, and as it boils lay them in turning them till thoroughly brown on all sides.

# COLD BEEF'S HEART.

Wash the heart well and soak for ½ hour in cold, salted water; wipe and stuff the orifices well with a forcemeat of bread-crumbs, fat salt pork, minced fine, and a little onion, chopped and seasoned with pepper. Sew up in coarse muslin fitted to the shape of the heart, put on to boil in cold, salted water, with I tablespoon vinegar to the quart; boil slowly 2 hours, turning several times. Put under a heavy weight when done and leave it for 12 hours. Take off the cloth then and your cold entree is ready. Slice crosswise.

### DEVILS.

These are made of rare cold beef, or of poultry legs; make a sauce of mustard, oil, Worcester sauce, pepper and salt; dip the meat or fowl into it piece by piece, and grill over a clear fire. Rib bones of cold roast beef are excellent in this way, and so, although not admissable in talking of meat cookery, are mackerel bones. Some cooks make devils by dipping the meat in curry sauce and grilling it, but the way first indicated is the best.

### COLD-DINNER BEEF.

Take a piece of beef flank 6 or 8 inches wide, as long as can be got; sprinkle salt on it, if fresh; prepare stuffing as for fowls, and

spread over it; roll up very tight and tie with strings to keep in place, as the heat will curl it; then, tie or sew it up in a cloth, and drop into rapidly-boiling water; cook several hours; the larger the piece the longer it will take; try with a fork; when done lay between boards and put a weight on it, keeping the cloth still on; when cold it will slice beautifully; it is best cooked the day before it is wanted.

## CORNED BEEF PIE.

Take I pint bowl very finely-chopped corned beef, left from dinner; mince fine I small onion, and mix with the yolk of I hardboiled egg, rubbed smooth, I raw egg and ½ teaspoon pepper; melt in a sauce-pan a piece of butter the size of I egg, add I teaspoon flour, stirring until smooth, and adding slowly I cup boiling water, stirring all until perfectly smooth; boil for 5 minutes, and then pour it in the chopped beef, onion and egg; stir until just at boiling-point again, and then pour into a baking-dish, holding not less than 3 pints; cover with a very thick layer of mashed potatoes—6 potatoes mashed while hot with ½ cup milk, I large spoon butter and I teaspoon salt, and I saltspoon pepper; brown in a hot oven, glazing as it begins to color, with I teaspoon butter.

### BEEF AU GRATIN.

Take cold beef, either boiled or roasted, and cut it in thin slices; grease a tin pan with butter, dust with bread-crumbs, put in a little chopped parsley, and lay on the slices of beef. Put salt, pepper, and parsley on top, dust with bread crumbs, drop on lemon-juice, and a little broth, just to cover the bottom of the pan, and place it in the oven.

# BEEF COQUETTES.

Use cold roast beef, chop it fine, season with pepper and salt, add 1/3 the quantity of bread-crumbs, and moisten with a little milk. Have your hands floured, rub the meat into balls, dip it into beaten egg, then into finely pulverized cracker, and fry in butter; garnish with parsley.

### HASH.

Chop the cooked meat and twice as much potatoes, cold, in separate bowls; put a little boiling water, and a bit of butter into an iron sauce-pan, stew-pan or spider; bring to a boil; then put in the meat and potatoes, well salted and peppered; add other vegetables if desired. Let it cook through well, under cover, stirring occasionally, so that the ingredients be evenly distributed and to keep the bottom from sticking to the pan. When done it should be not at all watery, nor yet dry, but have sufficient adhesiveness to stand on well-trimmed and buttered toast, on which it should be served. Hash from cold poultry can be made same way.

### ENGLISH HASH.

This is not in the least like that which goes by the same name in America. To prepare it, cut cold roast mutton into moderately thin slices and flour them slightly. Make a rich, thick brown gravy, either of stock, or by browning an onion in butter, adding flour and water, and stirring till it boils; throw in a couple of cloves and I tablespoon vinegar; stir till perfectly smooth, then run through a sieve. Let this gravy boil up, and then withdraw it from the fire until it is below boiling point, lay in the slices of meat and let them steam in it for 5 minutes; add a little ketchup if liked and serve with sippets of toasted bread cut into triangles.

### SPICED RELISH.

Chop remnants of cold beef, veal or mutton, very fine, and mix with it ¼ as much cold ham or bacon, also minced extremely fine; season to taste with allspice, pepper, salt, and if desired, sweet herbs. A little anchovy paste, thoroughly mixed in is a pleasant addition. Put the compound into a covered jar, set this in an outer vessel of boiling water and cook until the meat is heated through; take from the fire and press into a plain, square or round mold, well buttered, packing the meat in tightly and placing a heavy weight on it. When entirely cold, turn out and cut in slices. It may be kept for some days by pouring mutton suet or melted butter on top to exclude the air, and setting in a cold place.

## COLD BOILED MUTTON.

This is best stewed either in caper sauce or in parsley and butter; in either case, make the sauce, cut the meat in medium slices and let it heat up as in "English Hash." In dishing it up, lay the meat slice by slice in a flat dish and pour the sauce over it.

## MINCED MUTTON OR VEAL.

Have the meat perfectly free from sinew, fat or bone, chopped very fine with a little grated lemon-peel. Melt I ounce butter in a sauce-pan, add a little flour and milk; stir well and pour on the minced meat. Serve with sippets of toasted bread.

## TO WARM OVER COLD MUTTON.

An excellent and simple way is to cut it, if loin, into chops, or if leg, into thick scallops, and dip each into egg well beaten with I teaspoon milk, then in fine bread-crumbs, and fry in plenty of very hot fat. If your crumbs are not very fine and even, the larger crumbs will fall off and the appearance be spoiled.

## SCALLOPED MUTTON.

Cut all the meat from the bones of yesterday's roast. Reject the fattest bits of meat and mince the rest fine with a sharp knife. Put the stuffing with this and moisten all well with the gravy. Fill a buttered pudding-dish with this, strew the top with crumbs, dot with bits of butter and bake covered ½ hour. Uncover and brown. Care must be taken not to have the scallop too dry. Should the gravy run short, borrow a little stock from your soup.

## MUTTON PUDDING.

Chop your cold mutton into small bits, season it well, put it into a buttered pudding-dish and pour over it what remains of the gravy. Prepare 2 cups mashed potato, beat into it I egg, I cup milk, I tablespoon prepared flour, pepper and salt. Spread on top of the mutton. Bake I hour in a steady oven.

## MUTTON PIE.

Cut into square pieces about 2 pounds cold roast mutton, trim off a portion of the fat, quarter 3 kidneys; put the meat into a piedish, season with 2 tablespoons chopped parsley, I tablespoon powdered herbs, salt and pepper, and ½ onion minced; add ½ pint light stock or water, I wine-glass port wine; cover the dish with puff-paste, brush over with an egg and bake I½ hours. Cold lamb may be used in the same way.

## MUTTON PIE AND TOMATOES.

Spread the bottom of a baking-dish with bread-crumbs, and fill with alternate layers of cold roast mutton, cut in thin slices, and tomatoes, peeled and sliced; season each layer with pepper, salt and bits of butter. The last layer should be of tomatoes spread with bread-crumbs. Bake 34 hour, and serve immediately.

## PORK CAKE.

Cut the meat, fat and lean, from a cold joint of roast pork, and mince it very finely; mix with it a couple of large potatoes freshly boiled and mashed, a little salt and pepper, I chopped onion, and a little powdered sage. Add 2 or 3 eggs, a little milk, sufficient to make a very thick batter. Fry the cake like an omelet, or bake in a buttered dish. Serve with pickled onions or gherkins.

Cold Pork can best be warmed as curry or in croquettes.

# CURRY OF ANY COLD WHITE MEAT-CHICKEN, PORK OR VEAL.

Cut the meat into thick, small square bits. Fry a sliced onion and a clove of garlic in butter, sprinkling them with curry powder; when of a rich, golden brown make a gravy by the addition of stock, thicken it, pass through a sieve, add the juice of I lemon, ¼ apple, I teaspoon curry powder. Lay in the meat and let it heat through; serve with boiled rice. To boil properly, each grain separate, have a deep sauce-pan full of boiling water, as it boils up throw in the rice and let it boil fast for 20 minutes, or until the water evaporates, move to the side of the fire and let it dry off. Serve either around the curry or in a separate vegetable dish.

## BUBBLE AND SQUEAK OF VEAL.

Take the remains of cold veal; cut the meat into neat slices; fry them in hot fat; put them where they will keep hot. Take some boiled spinach, fry this, also, and when it is quite hot, pile it on a dish and arrange the pieces of meat around it. Send tomato or any kind of piquant sauce to table with it.

## VEAL CAKE.

Butter a plain earthenware dish or mold; fill it with alternate layers of hard-boiled yolks of eggs, chopped parsley, and veal and ham minced, seasoned highly, mixed thoroughly and beaten to a smooth paste. Pour I or 2 spoons seasoned stock upon the meat, cover the pan closely and bake in a gentle oven. When done enough, press firmly into the mold, put a plate with a weight upon it, and let it remain untouched until cold. Turn it out, garnish with parsley, and serve for luncheon or supper. Time to bake, about I hour.

## VEAL CROQUETTES.

To I pound mashed potatoes add I spoon butter, 2 beaten yolks of eggs, I small chopped onion, salt and pepper; mix well with I pound cold, chopped veal, and half as much cold ham, moisten with a little cream, shape in oval balls, dip in egg, then in grated cracker, and fry brown. Cold meat or fish of any kind may be made into croquettes by this receipt.

# CALF'S HEAD, TERRAPIN STYLE.

Cut up I pound cold boiled calf's head into pieces of equal size and set them aside. Put ½ pound butter in a sauce-pan and let it melt; beat up the yolks of 4 eggs with I pint rich cream, season with salt, cayenne and a dash of nutmeg; whisk the butter rapidly, and while doing so gradually add the cream. Do not let the sauce boil, or it would curdle; add to ½ pint good sherry, I teaspoon India soy; add the sauce to this very gradually, whisking all the time; in this heat the calf's head, but do not let the preparation more than heat through. The yolks of hard-boiled eggs rubbed to

a paste, then worked into little balls, are added as each portion is served.

## COLD VEAL PATTIES.

Have ready some good plain paste, as for pies, mince the veal with a little grated lemon-peel, add flour and enough water to moisten it; line patty-pans with the paste, pour on the mince, cover with more paste, scallop the edges and bake in a quick oven.

## VEAL SCALLOP.

Chop fine some cold veal, and put a layer in the bottom of a pudding-dish, and season with pepper and salt; next put a layer of finely powdered crackers, and strew some bits of butter over it and wet with a little milk, then more veal, seasoned as before, and another round of cracker crumbs with butter and milk. When the dish is full, wet well with gravy or broth, and spread over all a thick layer of cracker, seasoned with salt, wet into a paste with milk and I or 2 beaten eggs, and stick bits of butter thickly over it, and cover and bake ½ or ¾ hour, then remove the cover and brown nicely.

# CROQUETTES OF ODDS AND ENDS.

These are made of any scraps or bits of good food that happen to be left from one or more meals, and in such small quantities that they cannot be warmed up separately. As, for example, a couple of spoons frizzled beef and cream, the lean meat of I mutton chop, I spoon minced beef, 2 cold hard-boiled eggs, a little chopped potato, a little mashed potato, a chick's leg, all the gristle and hard outside taken from the meat. These things well chopped and seasoned, mixed with I raw egg, a little flour and butter, and boiling water; then made into round cakes, thick like fish-balls, and browned well with butter in a frying-pan or on a griddle.

Scraps of hash, cold rice, boiled oatmeal left from breakfast, every kind of fresh meat, bits of salt tongue, bacon, pork or ham, bits of poultry, and crumbs of bread may be used. They should be put together with care, so as not to have them to dry to be palatable, or too moist to cook in shape. Most housekeepers would be

surprised at the result, making an addition to the breakfast or lunch table. Serve on small squares of buttered toast, and with cold celery if in season.

### HAM BALLS.

Take ½ cup bread-crumbs and mix with 2 eggs well beaten; chop fine some bites of cold boiled ham and mix with them. Make into balls and fry.

### FRICASSEE OF COLD BOILED MEAT.

Make a gravy of flour, butter, and white stock, or milk, add a clove of mace, or a laurel leaf and a few button mushrooms; let it boil. Have the meat cut up into small square pieces, not over ½ inch thick, place them in the sauce after it has left off boiling, and serve with cut lemon round the dish.

## SALMI OF TONGUE WITH TOMATO SAUCE.

Slice neatly the remains of yesterday's tongue. Heat the remaining gravy, and add to it ½ cup liquor strained from a can of tomatoes. If this seems to thin the gravy too much, thicken with a little browned flour. When the sauce is boiling, drop the pieces of tongue into it and let them simmer about 15 minutes.

## FRENCH STEW.

Put a little butter into a spider, slice a small piece of onion and brown in the butter; cut carrot and turnip into fancy shapes and cook in water until tender; put the gravy left from the roast into the spider, cook a few minutes and strain; now cut nice slices of the cold roast meat and put into the gravy; cook 10 or 15 minutes; put in the carrot and turnip; pour on to a platter, and serve; French canned peas may be added.

### ECONOMICAL DISH.

There is often a quantity of yellow fat left from a ham; cut it up into thin slices, with any other slices of cold meat, and fry a nice brown; mash all the cold potatoes, cabbage, etc., you have,

and fry in the fat of the pan, when the slices are removed; warm a dish, put the vegetables at the bottom, and lay the slices on top; serve hot.

### COLD MEAT LOAF.

Chop any kind of good cold meat, season with salt and pepper, and place in a mold; take the bones and bits of meat, and boil them with I or 2 onions, cut fine. When boiled enough strain, and add I spoon gelatine dissolved. Pour this over the meat and set away to cool and harden.

## TOAD-IN-THE-HOLE.

This is an old-fashioned English dish and very appetizing for supper on a cold night, in spite of its disagreeable name; cut I pound meat—steak, mutton or lamb—into small pieces, and put into a well-buttered baking-dish; season it nicely, and then pour upon it a batter made with I egg, I cup flour, and I pint milk; beat the egg light, add the milk, season with salt; pour this upon the flour, and beat up a light, smooth batter; bake I hour, and serve very hot.

# FORCEMEATS AND STUFFINGS.

#### ALMOND FORCEMEAT.

Beat up the yolks of 3 eggs with ½ pint good cream, and flavor with a little nutmeg; blanch and pound in a mortar 3 ounces sweet almonds, using white of egg to moisten; add these with ¾ pound light bread crumbs, and 3 ounces butter broken into small bits, to the egg mixture; stir in, lastly, the whites of the eggs whisked to a solid froth, and fill either capon or turkey.

### FORCEMEAT BALLS.

Chop 1/4 pound beef suet, a little lemon-peel and parsley; mix with a basin of bread-crumbs, and flavor with pepper, salt and nutmeg; moisten with the yolks of 2 eggs, roll in flour, and make up

into small balls; bake in a hot oven, or fry till crisp. This recipe will do for fowls; the addition of a little ham, chopped or pounded, will be found a considerable improvement.

### CHESTNUT FORCEMEAT.

Remove the outer skin from some chestnuts; boil them for 2 or 3 minutes to get off the inner skin; peel them, and to preserve their color throw them into cold water; drain and weigh them; stew 6 ounces of them gently for about 20 minutes in veal gravy; let them get cold, pound them till smooth with an equal quantity of butter, or ½ their weight in fat bacon, and add 2 ounces bread-crumbs, and a little salt, lemon-rind, and nutmeg; bind the mixture together with the unbeaten yolks of 2 eggs. If this forcemeat is formed into cakes, these should be dipped into flour before being fried.

### FORCEMEAT FOR FISH.

Pound the flesh of I medium-sized lobster, ½ anchovy, a piece of boiled celery, the yolk of I hard-boiled egg, salt, pepper, and cayenne to taste; mix these with I tablespoon bread-crumbs, 2 ounces butter, and 2 raw eggs; make into small balls, and fry a pale brown in butter; 2 or 3 oysters may be added.

### FORCEMEAT FOR GAME.

Take the livers of the game and pound them with ½ their weight of beef suet and good fat bacon, mixed together; season with salt, pepper, and ground cloves. Use a little of the meat of the game if enough of the livers cannot be obtained; moisten with cream, and bind with the yolks of 2 eggs. If the forcemeat be required stiff, stew over a gentle fire, keeping it constantly stirred until the proper consistency is gained.

### MUSHROOM FORCEMEAT.

Procure 4 ounces young, fresh mushrooms; peel them, cut off the stems; dissolve 2 ounces butter in a stew-pan, and let them simmer very gently over a slow fire, with a slight flavoring of mace

and cayenne; spread them over a dish placed in a slanting position to drain away the moisture; when cold mince them, and add 4 ounces fine bread-crumbs, a small seasoning of salt, cayenne, mace, and nutmeg, a piece of butter, the yolks of 2 eggs; put in as much of the mushroom gravy as will make the forcemeat of the proper consistency; make into balls, poach and throw into soup; or fry, and serve round a dish of roast fowl or minced veal. It is also a good stuffing for boiled fowls.

### OYSTER FORCEMEAT.

Get fresh oysters and cut them into quarters; grate bread enough to fill ½ pint, and 1½ ounces finely shred suet or butter, which should be broken into bits; mix all these ingredients together with a good flavoring of herbs, and a seasoning of salt, pepper, and grated nutmeg; add 2 well-beaten eggs; this forcemeat is for boiled or roast turkey; it may be made into balls and used as a garnish; 20 oysters are sufficient for 1 turkey.

### FORCEMEAT FOR TURKEYS.

Take equal quantities of lean veal and pork, and mince them finely together; also cut into pieces a parboiled veal sweetbread, and mix with about 3/4 pound each of the former meats; add 1/2 pound bread, soaked, and the same amount of warm butter; flavor with a little nutmeg, salt, pepper and 1/2 ounce grated lemon-rind; bind with 3 beaten eggs, and fill the turkey.

### APPLE STUFFING.

Take ½ pound of the pulp of tart apples which have been baked or scalded; add 2 ounces bread-crumbs, some powdered sage, a finely-shred onion; season well with cayenne pepper. For roast goose, duck, etc.

#### CHESTNUT STUFFING.

Boil the chestnuts and shell them; then blanch them and boil until soft; mash them fine and mix with a little sweet cream, some bread-crumbs, pepper and salt. For turkey.

### PLAIN STUFFING.

Take stale bread, cut off all the crust, rub very fine and pour over it as much melted butter as will make it crumble in your hands; salt and pepper to taste.

### POTATO STUFFING.

Take  $\frac{2}{3}$  bread and  $\frac{1}{3}$  boiled potatoes, grated, butter size of an egg, pepper, salt, I egg and a little ground sage; mix thoroughly.

## STUFFING WITH SAGE AND ONION.

Boil 4 large onions until tender; drain them from the water, and mince them finely with 4 fresh sage leaves, or 6 dry ones, 4 table-spoons bread-crumbs, I teaspoon salt, I teaspoon made mustard, and I teaspoon moist sugar, ½ teaspoon pepper, I large apple, pared and cored, and ¼ nutmeg, grated, may be added, if approved.

# GRAVIES.

Is any one perplexed by gravy? Will the grease rise to the top, and the thickening fall to the bottom? Is good gravy on your table an accident rather than a result of thought and painstaking? If this is the case, and I know of one instance where it was so at one time, you will be glad to know that it is not hard to make good gravy.

The smoothness of gravy depends almost entirely upon the way in which the thickening is added. The broth of meat dripping, which is to be the foundation of the gravy, should be strained and skimmed clear of fat. It should then be returned to the stove and brought to a boil. Browned flour should always be used for gravy, except when a white sauce for fricasseed chicken, sweetbreads or something of that kind is desired. The flour should be wet up with cold water to a paste, the water being added little by little, until the mixture is about the consistency of very rich cream and entirely free from lumps. It should then be poured slowly into

the boiling broth, stirring all the time. The addition of the cold liquid will, of course, break the boil for a moment or two. The stirring must be kept up until the gravy boils again and for about 3 minutes afterwards, or until the gravy reaches the requisite thickness, Close attention to these instructions should insure good gravy.

### HOW TO BROWN FLOUR.

Sift I cup flour into a tin pie-plate, and set it on the top of the stove; watch closely, stirring it frequently to see that it does not burn, and taking especial pains to prevent its sticking to the bottom of the pan. It should be of a fine brown, not at all blackened. Some housekeepers prefer browning it in the oven, but it cannot be watched as constantly there as when on the top of the range. It is well to prepare I or 2 cups browned flour at a time. It keeps perfectly in a tin box or glass preserve jar, and is then always ready for thickening. If this plan were more invariably followed, there would be fewer tables where a grayish yellow paste, thickened with uncooked flour, appears under the name of gravy.

### HOT SPICE.

Hot spice is the name given by a cook of a past generation for a delicious adjunct to gravies, steaks, chops, and soups. Take 3 drachms each of ginger, black pepper and cinnamon, 7 cloves, 1 ounce each of mace, cayenne, grated nutmeg and white pepper; pound these together, mix till well blended, and then put it in a perfectly clean, dry bottle for use.

### GRAVY.

"After repeated failures I determined, at all hazards, to solve the serious problem. I had a roast of beef in the dripping-pan; it was ready to take up on the platter; in the pan was, I knew, good material for gravy, and after taking up the meat I poured all, with the exception of about 3 tablespoons, out into a basin; I then put a little cold water into the pan, then added ½ cup milk into which I had beaten 2 tablespoons flour, then set the pan on the stove,

stirring the gravy every moment, and presently had the satisfaction of seeing a rich, brown, well-made gravy ready for the table."

### GRAVY WITHOUT MILK.

A housekeeper of long experience gives this recipe and vouches for its excellence: After the meat is roasted, strain the grease through a sieve into a clean bowl, reserving about 4 tablespoons for the gravy; take I tablespoon flour and rub into the hot drippings, then pour in boiling water, stirring it constantly till it cooks; season to taste.

## GRAVY FOR FOWLS.

This may be made in the same way, using the water in which they have been cooked. The hearts and gizzards may be chopped fine and added to the gravy. Oysters also may be cut up and stirred in just before taking the gravy from the stove.

### MILK GRAVY.

This is made in the same way, using melted butter or a little fried pork gravy as foundation.

## GRAVY FOR TURKEY.

Boil the giblets very tender; chop fine; then take the liquor in which they are boiled, thicken with flour; season with salt, pepper and a little butter; add the giblets and dripping in which the turkey was roasted.

# TO KEEP AND CURE MEATS.

#### CURING MEAT.

The season of the year in which meats may be cured on the farms with best success is from December 15 to February 15, the interval between these dates affording two indispensable conditions, viz., cool weather and immunity from insects and pests. Pork must

be cut to suit the demands of the different markets in which it is to be sold, but never lose sight of the fact that it ought to be in such form as will pack snugly. Remember too, the importance of having the meat thoroughly relieved of animal heat previous to packing down.

The two processes, salting with and without brine, are both popular and effective when carefully performed.

When it is desired to use brine the meat may be packed in layers. F. D. Coburn, excellent authority, advises salt at the rate of 8 pounds to each 100 pounds of pork. Sprinkle the salt evenly over and around each layer until the cask is full; then clear rain water or other pure water is poured in until all the interstices are filled. Many prefer to prepare the brine by adding to the salt some sugar, saltpetre, etc., dissolving them in water and pouring the pickle over the meat. A recipe recommended by Coburn is as follows: For 100 pounds of pork, 4 ounces saltpetre, 3 pints common molasses or 2 pounds brown sugar, and 7 pounds salt. When dissolved, pour over the meat. Some boil the pickle, skim it of impurities, let it get entirely cold and then pour it over the meat. In any case, be sure the meat is always covered with the brine.

The length of time hams and shoulders should be kept in pickle depends on their thickness—from I to 2 months. For curing the above without brine the authority quoted from suggests the following recipe: Twelve pounds fine salt, 2 quarts molasses, ½ pound saltpetre, well mixed, for 150 pounds of meat. Rub hams and shoulders thoroughly with the mixture, and lay out singly on a platform in a cool, dry place. At the end of the first and second week rub them again as at first, and then expose to continuous smoke for 10 days.

A simpler plan, in which any portion or all of a hog's carcass can be cured, is to put a layer of  $\frac{1}{2}$  an inch or so of salt on a platform or the bottom of a box or cask, then a layer of meat, on this a layer of salt, and so on until all is packed and the top well covered with salt. All kinds of cured meat should be kept in a dry, dark, cool place.

Raw meat should never be placed directly upon the ice as the

juices will be lost; neither should it be allowed to remain wrapped in paper; an uncovered dish should be placed on the ice to receive it.

## RENDERING LARD.

A prominent Chicago packer gives the following directions for rendering lard so it will be nice and white: "Grind the fat or chop it as you would sausage meat, where you have but a small quantity, using the chopping-bowl and the potato-masher. The object is to get the fat into such a condition that the tissue and fibrine will separate quickly from the clear fat. Now, by mild heat and constant stirring, melt to the consistency of thin gruel, then scatter salt enough over the surface to carry down all the scraps. Salt does not melt in pure lard, and therefore will not give it a saline taste. Then allow it to settle, and dip the clear fat out into a vessel, using a strainer, or into another kettle, so as to remove all scraps from the bottom. After removal of scraps, cook for 15 minutes, so as to roast any scraps still remaining in the fat, and your lard is ready to put away and will keep as long as wanted. To keep lard it is necessary to raise the heat at 180°. It melts at 110 to 120°". Let our farmers and their wives try the above method and they will never go back to the old way of cooking lard again. In answer to an inquiry as to how to prevent lard from boiling over while cooking, put in a little salt. This is the best known remedy.

#### SUET.

Suet will keep sweet for months if attended to when it comes into the house; all bits of skin, gristle, kidney or kernels must be removed and also any part of the suet that has been lying against meat and become reddened with blood. I have known suet to get musty in a week in cold weather for lack of this precaution, and by looking over it, and flouring it well, have kept it for months in mild weather.

## PORK-TO KEEP FRESH IN SUMMER.

Take pork, when killed in the early part of the winter, and let it lie in pickle about 1 week or 10 days, or until just sufficiently

salted to be palatable; then slice it up and fry it about ½ or ¾ as much as you would for present eating; now lay it away in its own grease, in jars properly covered, in a cool place, as you would lard. Refry when ready to use.

### FRESH MEAT-TO KEEP A WEEK OR TWO IN SUMMER.

Farmers or others, living at a distance from butchers, can keep fresh meat very nicely, for a week or two, by putting it into sour milk, or buttermilk, placing it in a cool cellar. The bone or fat need not be removed. Rinse well when used.

## BEEF-FOR WINTER OR PRESENT USE, AND FOR DRYING.

Cut your beef into sizable pieces, sprinkle a little salt upon the bottom of the barrel only, then pack your beef without salt amongst it, and when packed pour over it a brine made by dissolving 6 pounds of salt for each 100 pounds of beef in just sufficient cold water to handsomely cover it; or for each 100 pounds of beef, use salt 5 pounds, saltpetre ½ ounce, brown sugar 1 pound; dissolve in sufficient water to cover the meat; 2 weeks after take up, drain, throw away the brine, make more the same as first, it will keep the season through; when boiled for eating, put into boiling water; for soups into cold water.

### TO CURE HAMS.

Take coarse salt, with a sprinkle of saltpetre, pepper and sugar; powder and mix; rub this in well a few times; smoke and wrap closely in paper of 4 folds or more; pack in dry ashes 4 inches thick around each ham. They will keep through the hottest of weather and be as good as new; or to each 100 pounds of hams take 8 pounds best coarse salt, 2 ounces saltpetre, 2 pounds brown sugar, and 4 gallons water. Slightly rub the hams with fine salt and pack firmly into the barrel. Mix the above after the hams have lain 2 days and pour over them; it will just cover them. Let the hams remain in the brine 6 weeks, and they are then just right for smoking.

### MAKING SAUSAGE.

To 10 pounds meat take 4 ounces dry salt, ½ ounce pepper and 1 ounce finely ground sage. Cut the meat in strips and then grind all together; some people like them with less sage. When ground the easiest way to keep them is to put in long bags of old cloth, so that it will tear down easily when using the sausages. A convenient size for the bags is 3 inches in diameter, which makes proper slices for frying.

### BEEF SAUSAGES.

To 3 pounds beef, very lean, put 1½ pounds suet, and chop very fine; season with sage in powder, allspice, pepper and salt; have skins thoroughly cleaned, and force the meat into them.

### SPICED CORNED BEEF.

To 10 pounds beef, take 2 cups salt, 2 cups molasses, 2 tablespoons saltpetre, 1 tablespoon ground pepper, 1 tablespoon cloves; rub well into the beef, turn every day, and rub the mixture in; will be ready for use in 10 days.

### HEAD CHEESE.

Having thoroughly cleaned a hog's or pig's head, split it open, take out the eyes and the brain; clean the ears, throw scalding water over the head and ears, then scrape them well; when very clean, put in a kettle with water to cover it, and set it over a rather quick fire; skim it as any scum rises; when boiled so that the flesh leaves the bones, take it from the water with a skimmer into a large wooden bowl or tray; then take out every particle of bone, chop the meat fine, season to taste with salt and pepper (a little pounded sage may be added), spread a cloth over the colander, put the meat in, fold cloth closely over it, lay a weight on it so that it may press the whole surface equally (if it be lean use a heavy weight, if fat, a lighter one); when cold, take off weight, remove from colander, and place in crock. Some add vinegar in proportion of I pint to I gallon crock. Clarify the fat from the cloth, colander, and liquor of the pot, and use for frying.

# CHAPTER XVI.

## POULTRY.

### TO CLEAN AND TRUSS POULTRY.

First singe, by holding the bird over a blazing paper; it is best to do this over the open stove, when all the particles of burnt paper will fall into the fire; next open the vent and draw out the internal organs, if this has not been done at the butcher's; be careful not to break the gall-bladder; wash quickly in I water; if there are large black pin-feathers, take out what you can with the point of a knife-it is impossible to get out all-cut the oil bag from the tail; be sure that you have taken out every part of the wind-pipe, the lights, and crop; turn the skin back and cut the neck quite short; fill the crop with dressing, and put some in the body also; with a short skewer, fasten the legs together at the joint where the feet were cut off-be careful, in cutting off the feet of game or poultry, to cut in the joint; if you cut above, the ligaments that hold the flesh and bones together will be severed, and, in cooking, the meat will shrink, leaving a bare, unsightly bone; besides, you will have nothing to hold the skewer, if the ligaments are cut off-run the skewer into the bone of the tail, and tie firmly with a long piece of twine; now take a longer skewer, and run through the 2 wings, fastening them firmly to the sides of the bird; with another short skewer, fasten the skin of the neck on to the back-bone; place the bird on its breast, and draw the strings with which the legs were tied around the skewers in the wings and neck, pass them across the back 3 times, and tie very tightly. By following these directions, you will have the bird in good shape, and all the strings on the back, so that you will avoid breaking the handsome crust that always forms on properly basted and roasted poultry. When cooked, first cut the strings, then draw out the skewers. The fat that comes from the vent and the gizzard of chickens should be 390 POULTRY.

tried out immediately, and put away for shortening and frying; that of geese, turkeys and ducks is of too strong a flavor to be nice in cookery.

To clean the giblets: Cut the gall-bag from the lobe of the liver, cutting a little of the liver with it, so as not to cut into the bag; press the heart between the finger and thumb, to extract all the blood, with a sharp knife, cut lightly around the gizzard, and draw off the outer coat, leaving the lining coat whole; if you cannot do that—and it does require practice—cut in two, and, after removing the filling, take out the lining; when the poultry is to be boiled, and is stuffed, the vent must be sewed with mending-cotton or soft twine; unless the bird is full of dressing, this will not be necessary in roasting.

## CHICKEN SAUTE, A LA MARENGO.

Cut the bird in pieces beginning with the wing. Cut a small piece of the breast out with the wing. This distributes the white meat with the wing, otherwise the wing is a poor part. Next cut off the wing side-bone and then the legs, cutting the upper joint in two near the middle, and the lower the same, dividing the second joint, which many think the best part of the chicken. This is better than giving all the best meat to one person. Next cut through the ribs, first I side then the other, taking the breast bone off and cutting it in 3 equal parts, trimming off the ends of the rib bones. It will then be easy to remove the entrails. Then break the neck and cut the backbone in 2 pieces. Save the heart, liver and gizzard; cut out the little sand-bag from the latter, and remove it all, instead of splitting it open and leaving the skin. In removing the gall take a part of the liver to make sure of no accident. Then place all these pieces in a sauce-pan, moistened with salad oil. As soon as the chicken begins to be browned put in I tablespoon flour; stir together and let the whole become brown by cooking. Then cover the whole with hot water, and season well with salt and pepper. If too much salt should be added, it may be counteracted by a little vinegar and sugar. If it is desired, olives or button onions' may be added. If so, put them in when the hot water is put in

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and cook slowly. After the flour and water are added, stirring is necessary, and it should be done with a flat wooden stick, which will not scratch the pan like metal. White pepper is better than black, as it is more digestible and has not the hard pieces of shell. An apple corer can be used to take the stones out of the olives, but a more economical instrument is a small sharp knife, with which the olive can be peeled off the stone. The onions should be used whole, carefully relieved of the dry shell. When the chicken is sufficiently cooked, add I glass sherry or Madeira wine, but the wine should not be added until ready to serve. If the wine and olives are not used, you have a nice, brown fricassee. Those chickens are the best which have small bones, short legs, and clean, white-looking flesh. Chickens with white legs should be boiled, those with black legs roasted. The flesh of chickens is generally considered more digestible than any other animal food.

## TO CARVE ROAST FOWL.

Insert the knife between the leg and the body, and cut to the bone; then turn the leg back with the fork, and, if the bird is not old, the joint will give way. The wing is next to be broken off,

and this is done in the direction of A to B, only dividing the joint with a knife. The 4 quarters having been removed in this way, take off the merry-thought and the neck bones;



these last are to be removed by putting the knife in at C and pressing it, when they will break off from the part that sticks to the breast. Next, separate the breast from the body of the fowl by cutting through the tender ribs close to the breast, quite down to the tail. Turn the fowl now back upwards; put the knife into the bone midway between the neck and the rump, and on raising the lower end it will separate readily. Turn the rump from you and take off very neatly the 2 sidesmen, which completes the operation. The breast and wings are considered the best parts of a roast fowl, but in young fowls the legs are most juicy. In the case of a capon or large fowl, slices may be cut off the breast.

### TO CARVE ROAST GOOSE.

Begin by turning the neck end of a goose toward you, and cutting the whole breast in long slices, from one wing to another. (See the lines A B.) To take off the leg, insert the fork in the small end of the bone, pressing it to the body; put the knife in at



A, turn the leg back, and if the bird be young it will easily come away; if old, we will not answer for it. To take off the wing, insert the fork in the small end of the pinion, and press it close

to the body; put the knife in at B and divide the joint. When the leg and wing are off one side, attack those on the other; but, except when the company is very large, it is seldom necessary to cut up the whole goose. The back and lower side-bones, as well as the 2 side-bones of the wings, may be cut off; but the best pieces of a goose are the breast and thighs, after being separated from the drumstick. Serve a little of the seasoning from the inside, by making a circular slice in the apron at C. Should there be no stuffing, a glass of wine, a little orange gravy or vinegar, may be poured into the body of the goose at the opening made at the apron by the carver.

## TO CARVE TURKEY.

The breast of a turkey is so large that slices taken neatly from it and from the wings generally suffice for all the company. They should be taken from each side alternately, beginning close to the wings, and a little forcemeat and a small portion of liver should be served to each guest. When it is necessary that the legs should be used, they should be separated from the body with a sharp knife and cut in slices, but it should be remembered that they, with the gizzard, will make an excellent devil.

### BAKED CHICKEN.

Split open in the back, season with salt and pepper, and plenty of butter; pour a little water into the pan, and, while baking, baste POULTRY. 393

often, turning the chicken so as to nicely brown all over. When done, take up the chicken; thicken the gravy with a little flour and serve in a gravy boat; cut the gizzard and heart into fine pieces. Mash the liver with a spoon, and add them all. Chickens are nice stuffed and baked in the same manner as turkey.

### BRAISED CHICKENS.

Stuff and truss a pair of well-grown fowls as for roasting. Lay them on slices of fat salt pork in a broad pot, pour over them I pint boiling water, cover closely and cook slowly 2 hours, or until the fowls are tender. Remove them then to a dripping-pan and let them brown in the oven while you strain the gravy that is left, thicken it with brown flour, and boil it until it is of the right consistency. Dish the fowls, season the gravy to taste and send to table in a boat.

### BREADED CHICKEN.

Prepare young chickens as for fricassee by cutting them into pieces. Dip each piece in beaten egg, then in grated bread-crumbs or rolled cracker; season them with pepper and salt, and a little minced parsley. Place them in a baking-pan, and put on the top of each piece a lump of butter, add ½ cup hot water; bake slowly, basting often. When sufficiently cooked take up on a warm platter. Into the pan pour I cup cream or rich milk, I cup bread-crumbs. Stir it well until cooked then pour it over the chicken. Serve while hot.

#### BROILED CHICKEN.

Only young, tender chickens are nice broiled. After cleaning and washing them, split down the back, wipe dry, season with salt and pepper, and lay them inside down on a hot gridiron over a bed of bright coals. Broil until nicely browned and well cooked through, watching and turning to prevent burning. Broil with them a little salt pork, cut in thin slices. After taking them from the gridiron, work into them plenty of butter, and serve, garnished with the pork, slices of lemon and parsley.

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### CHICKEN CURRY.

One chicken, weighing 3 pounds; 3/4 cup butter, 2 large onions, I heaping tablespoon curry powder, 3 tomatoes, or I cup of the canned article, enough cayenne to cover a silver 3-cent piece, salt, I cup milk. Put the butter and the onions, cut fine, on to cook. Stir all the while until brown; then put in the chicken, which has been cut in small pieces, the curry, tomatoes, salt, and pepper. Stir well; cover tightly, and let simmer I hour, stirring occasionally; then add the milk. Boil up once, and serve with boiled rice. This makes a very rich and hot curry, but, for the real lover of the dish, none too much so.

### ESCALOPED CHICKEN.

Boil large, tender chickens until done, remove the skin and gristle, and chop the meat; butter a large dish, put a layer of pounded crackers in the bottom of a dish, add some bits of butter, and moisten with cream. On this put a layer of chicken, season with white pepper, salt, grated lemon-peel, and nutmeg; add bits of butter, and a few chopped oysters; put over this more of the cracker, butter, and cream, and then a layer of chicken; cover the top with the cracker and butter; bake in a hot oven.

## FRIED CHICKEN.

Only young, tender chickens can be successfully fried; cut them in pieces as for fricassee; dust with salt and pepper. Put 2 or 3 ounces of butter or clarified drippings in a sauce-pan on the stove; when melted, lay the pieces of chicken in the sauce-pan, cover closely and set where it will cook very slowly, until well done and nicely browned; then turn and cook the other side in the same way. When done, remove to a hot platter, put some bits of butter on the chicken, set in the oven a moment and serve. Garnish with cress or parsley. If you like, prepare a gravy, by putting I coffeedup of hot water into the sauce-pan; let simmer a few minutes, and thicken with browned flour. Send to the table in a gravy boat. Chicken's may be cut in pieces and fried in hot drippings,

with or without breading as preferred. Let the drippings be deep enough to float the pieces.

### FRICASSEED CHICKEN.

Cut up chicken, and boil with a slice or 2 of bacon in sufficient water to cover till quite tender; fry some pork, and, when cooked a little, drain the chicken and fry with the pork till brown; then take out and pour the broth into the frying-pan with the pork fat, and make a gravy thickened with browned flour, season well with butter, and put the chicken into the gravy. Be sure and have the fat quite hot when the chicken is put in, so it will brown readily.

# JELLIED CHICKEN.

Cut up a large, fat, full-grown chicken; put it on to cook with I bay leaf, I blade mace, I small white onion, ½ dozen cloves, a little pepper and salt. Cook slowly until the chicken is done; take up, skin, and cut the meat from the bones; put the skin, scraps, and bones back in the kettle, and simmer an hour longer; add ½ box gelatine to the liquor, stir over the fire until dissolved; put the chicken aside; let the jelly cool; then skim off all the fat, and set the jelly on the fire to melt, pour in a mold and set on ice; when hard, put a layer of chicken on top of the jelly, then slices of hard-boiled eggs, sprinkle with salt and pepper, then more chicken, and so on till all is used; pour over the remainder of the jelly, which should be cold, but thin enough to cover the chicken; stand on ice. When ready to serve, turn from the mold, and garnish with parsley.

## CHICKEN LOAF.

The meat of 1 or 2 chickens, boiled tender and chopped fine; line a mold with 3 hard-boiled eggs, thinly sliced, press the chicken in the center, well seasoned and moistened with the liquor in which it was boiled. Serve in thin slices when cold.

## CHICKEN AND MACARONI.

One chicken boiled until very tender; take all from the bones and pick up very fine; boil ½ pound macaroni until tender, but

keep it whole; cut in small pieces I inch long; butter a 2-quart charlotte-russe tin and line with the pieces of macaroni; put in a layer of chicken, seasoned with the liquor boiled down, salt, pepper, and a very little butter, then a layer of macaroni, and so on until the dish is filled; pour I cup cream over the whole, and bake ½ hour. Serve on a platter.

## CHICKEN A LA MATELOTE.

Cut up an uncooked chicken; rub in butter and flour, and brown in an oven; fry in 4 tablespoons chicken fat, or butter, for about 20 minutes, I small carrot, onion, and parsnip, all cut into dice; when the chicken is browned, put it in a stew-pan with the cooked vegetables and I quart white stock; then into the fat in which the vegetables were fried, put 2 tablespoons flour, and cook until brown; stir this in with the chicken; add the liver, mashed fine, I tablespoon capers, and salt and pepper to taste; cook very gently 3/4 hour, then add 1/4 pound mushrooms, cut in small pieces; cook 15 minutes longer. Serve with a border of boiled macaroni, mashed potatoes, or rice.

#### POTTED CHICKEN.

Strip the meat from the bones of a cold, roast fowl; to every pound of meat allow 1/4 pound butter, salt and cayenne pepper to taste, I teaspoon pounded mace, 1/2 a small nutmeg. Cut the meat into small pieces, pound it well with the butter, sprinkle in the spices gradually, and keep pounding until reduced to a perfectly smooth paste; pack it into small jars and cover with clarified butter, about 1/4 inch thick. Two or 3 slices ham, minced and pounded with the above, will be an improvement. Keep in a dry place. A luncheon or breakfast dish.

Old fowls can be made very tender by putting into them, while boiling, a piece of soda as large as a bean.

## CHICKEN MELANGE PIE.

Boil 6 eggs hard and slice them; cut all the meat from the bones of the chickens cooked Sunday, making a gravy of the bones.

In this stew ½ dozen sweet potatoes cut in quarters. When they are tender place a layer of these in the bottom of a greased pudding-dish. Sprinkle with pepper and salt, and place a layer of the chicken on top. Over this comes a stratum of hard-boiled eggs, followed by one of bacon, cut into very thin slices. Repeat the order of ingredients as long as they last, and cover all with a good plain crust, first pouring in all the gravy left from the chicken bones. Bake until the crust is done.

#### CHICKEN POT-PIE.

Joint a chicken as for a fricassee, and put it into a wide sauce-pan with ¼ pound salt pork, cut into narrow strips, and I minced onion; pepper to taste; the pork will salt it sufficiently; pour in enough cold water to cover the contents of the pot well. Make a good biscuit dough or plain pie-paste, cut a round crust to fit the size of the pot and lay it over the chicken, etc.; stew 2 hours. Heat a stove shovel red hot and brown the crust by holding the shovel over it; take off the crust carefully, that you may not break it, and put it aside where it will keep hot; remove the chicken to a warm dish, bring the gravy left in a sauce-pan to a hard boil, and drop into it squares of your pie-paste; let them cook IO minutes, take them out and arrange about the chicken. Thicken the gravy with I tablespoon butter rolled in flour, pour over the chicken and lay the baked crust on top of all.

### CHICKEN PIE.

Take 2 full-grown chickens, or more, if they are small, disjoint them and cut the backbone, etc., as small as convenient; boil them with a few slices of salt pork in water enough to cover them; let them boil quite tender, then take out the breast bone. After they boil and the scum is taken off, put in a little onion, cut very fine, not enough to taste distinctly, but just enough to flavor a little; rub some parsley very fine, when dry, or cut fine when green—this gives a pleasant flavor. Season well with pepper and salt, and a few ounces of good, fresh butter. When all is cooked well, have liquid enough to cover the chicken; then beat 2 eggs and stir in

some sweet cream. Line a 5-quart pan with a crust made like baking powder or cream biscuit, but have it rich, put in the chicken and liquid, then cover with a crust the same as the lining. Bake till the crust is done, and you will have a good chicken pie.

### PRESSED CHICKEN.

Boil I or 2 chickens in a small quantity of water, with a little salt; when thoroughly done, take all the meat from the bones, keeping the light and dark meat separate; chop fine and season. Put in a pan a layer of dark and light meat; add the liquor it was boiled in, which should be about a cupful. Press with a small weight; when cold, cut in slices.

### CHICKEN PUDDING.

Cut up the chickens and stew until tender. Then take them from the gravy, and spread on a flat dish to cool, having first well-seasoned them with butter, pepper and salt. Make a batter of I quart milk, 3 cups flour, 3 tablespoons melted butter, ½ teaspoon soda, I teaspoon cream of tartar, and a little salt. Butter a pudding-dish and put a layer of the chicken at the bottom, and then I cup batter over it; proceed till the dish is full; the batter must form the crust. Bake I hour, and serve the thickened gravy in a gravy boat.

#### STEWED CHICKENS.

Chickens prepared in the following manner are a pleasant change from the usual fricassee: Cut up 2 young chickens, cook them for ½ hour in a sauce-pan with a little bacon cut in dice, adding thyme, 2 bay leaves, I small onion, parsley and a piece of butter. Mix the yolks of 3 eggs in ½ cup cream and pour the mixture over the chickens, taking the sauce-pan instantly off the fire. Arrange the pieces of chicken symmetrically on a dish and serve.

#### CHICKEN AND RICE.

Two cups boiled rice, I cup cold chicken chopped fine, I cup chicken broth, salt and pepper; boil 5 minutes stirring all the while.

### CHICKEN SALAD.

See "Salads."

#### BRAISED DUCKS.

Prepare the ducks exactly like chickens for the dressing, which should be seasoned with butter, sage and onions, as well as salt and pepper; put them in a pot with some chopped onions, a little butter and water enough to steam; let them stew gently with the lid on, and then let the water evaporate and then brown them. Serve with green pease and jelly.

# DUCKS A LA FRANÇAISE.

Lard the breast of a duck with bacon and put it in the oven for I hour, and then put it into a stew-pan of gravy previously prepared in the following manner: To I pint of beef gravy add 2 dozen chestnuts, roasted and peeled, 2 onions, sliced and fried in butter, 2 sage leaves, and a sprig of thyme, pepper and salt. When the duck has stewed till tender put it on a dish, add ¼ pint port wine to the gravy, a little butter, and flour to thicken; pour it over the duck and serve.

### FRICASSEED DUCK.

Most people think a duck must be roasted, but try this once instead: Cut a mallard or red duck into quarters; chop I onion fine, and put all into a pot; cover with water, and add more as it boils away. Stir in a little celery seed, or celery chopped fine, 3 or 4 strips salt pork, and, when nearly done, add I tablespoon Worcestershire sauce. Build a mound of mashed potatoes around your dish and carefully lay the contents of the fricassee in the center. Season with salt and pepper. This makes a juicy and delicious dish.

# DUCK Á LA MODE.

Take a couple of ducks, divide them into quarters and lay them in a stew-pan with a sprinkling of flour, pepper and salt. Put a large lump of butter divided into pieces at the bottom of the stew-

pan and fry the ducks until they are a nice light-brown color. Remove the frying-pan and put in ½ pint gravy and I glass port wine; sprinkle more flour and add I bunch sweet herbs, 2 or 3 shallots minced fine, I anchovy, and a little cayenne; when the ducks have stewed in the gravy till tender, put them on a dish, take out the herbs, clear off any fat, and serve with the sauce thrown over them.

## ROAST DUCK-Tame.

Pick, draw, clean thoroughly, and wipe dry; cut the neck close to the back, beat the breast-bone flat with a rolling-pin, tie the wings and legs securely, and stuff with the following: Three pints bread-crumbs, 6 ounces butter, or part butter and salt pork, 2 chopped onions, and I teaspoon each of sage, black pepper and salt; do not stuff very full, and sew up the openings firmly to keep the flavor in and the fat out; if not fat enough, it should be larded with salt pork, or tie a slice upon the breast; place in a baking-pan, with a little water, and baste frequently with salt and water—some add onion, and some vinegar; turn often, so that the sides and back may all be nicely browned; when nearly done, baste with butter and a little flour. These directions will apply to tame geese as well as ducks. Young ducks should roast from 25 to 30 minutes, and full-grown ones for I hour or more, with frequent basting-some prefer them underdone and served very hot, but, as a rule, thorough cooking will prove more palatable. Make a gravy out of the neck and gizzards by putting them in I quart cold water, that must be reduced to I pint by boiling; the giblets, when done, may be chopped fine and added to the juice; the preferred seasonings are I tablespoon Madeira or sherry, I blade mace, I small onion, and a litle cayenne pepper; strain through a hair sieve; pour a little over the ducks and serve the remainder in a boat. Served with jellies, or any tart sauce.

#### STEWED DUCKS.

Stuff I pair ducks, as for roasting; make a gravy of the giblets, by cutting them in pieces, covering them with 2 cups water and stewing 2 hours; lay the ducks, stuffed and trussed, in a dripping-

pan, dilute the gravy from the giblets until there is enough to half immerse the ducks when it is poured over them, cover them with a pan of the same size as the other, and let them simmer in this for from 2 to 3 hours; take them out and keep them hot while you thicken the gravy in the pan with browned flour, boil it up once and stir in the juice of I lemon—or better still, 2 teaspoons currant jelly; pass currant jelly with the ducks. This is an excellent way of disposing of old, tough ducks, which would be uneatable if roasted in the ordinary manner.

### TO BOIL GOOSE.

Pick and singe a goose carefully; let it soak in lukewarm milk and water for 8 or 10 hours; stuff and truss it securely; put it into a sauce-pan with as much cold water as will cover it; bring to a boil, and let it simmer gently till done enough; send good onion sauce to the table with it. Time, from 1 to 1½ hours after it has boiled.

### ROAST GOOSE.

Pluck the goose, carefully remove the quill-sockets and singe off the hairs; cut off the neck close to the back, leaving the skin long enough to turn over. After drawing, wash and wipe the bird both inside and out, and cut off the feet and pinions at the first joint, pull out the throat and tie the end securely; beat the breast-bone flat with a rolling-pin; draw the legs up closely, and put a skewer through them and through the body; cut off the end of the vent and make a hole in the skin large enough for the rump to go through; this will prevent the seasoning from escaping. Make a stuffing of bread-crumbs, onions and potatoes cut fine; season with pepper, salt, sage, and butter the size of an egg; fill the goose and tie down the wings; roast  $2\frac{1}{2}$  hours. Boil the liver and heart and add to the gravy, which must be thickened with flour. Send to table with apple sauce and mashed potatoes.

# ROAST GOOSE, NO. 2.

A goose roasted after the German style may be admitted to the table as a variation. Rub the goose the previous night with salt,

pepper, sage, thyme, and sweet marjoram inside and out; in the morning prepare the dressing: A large handful of stoned raisins and Zante currants to bread-crumbs or crumbled crackers; 2 sour apples chopped fine, and I mealy potato mixed in with butter, and all well rolled together without spices. For the gravy boil the giblets in a little water and mash the liver in I spoon flour, chop the gizzards, stir these in the liquid they were boiled in, add it to the gravy in the dripping-pan, sprinkle in a little thyme, sage and sweet marjoram, and it is done. Serve the gravy separately. When the goose is served, garnish it with sliced lemon and some sprigs of parsley.

### BONED TURKEY.

Get a turkey that has not been frozen—freezing makes it tear easily; see that every part is whole—one with a little break in the skin will not do; cut off the legs, in the joints, and the tips of the wings; do not draw the bird; place it on its breast, and with a small, sharp boning-knife, cut in a straight line through to the bone, from the neck down to that part of the bird where there is but little flesh, where it is all skin and fat; begin at the neck, and run the knife between the flesh and the bones until you come to the wing; then cut the ligaments that hold the bones together and the tendons that hold the flesh to the bones; with the thumb and forefinger, press the flesh from the smooth bone; when you come to the joint, carefully separate the ligaments and remove the bone; do not try to take the bone from the next joint, as that is not in the way when carving, and it gives a more natural shape to the bird; now begin at the wish-bone, and when that is free from the flesh, run the knife between the sides and the flesh, always using the fingers to press the meat from the smooth bones, as, for instance, the breast bone and lower part of the sides; work around the legs the same as you did around the wings, always using great care at the joints not to cut the skin; drawing out the leg-bones turns that part of the bird inside out; turn the bird over, and proceed in the same manner with the other side; when all is detached, carefully draw the skin from the breast-bone; then run the knife

between the fat and bone at the rump, leaving the small bone in the extreme end, as it holds the skewers; carefully remove the flesh from the skeleton, and turn it right side out again; rub into it 2 tablespoons salt and a little pepper, and fill with dressing: sew up the back and neck, and then the vent; truss the same as if not boned; take a strong piece of cotton cloth and pin the bird firmly in it, drawing very tight at the legs, as this is the broadest place, and the shape will not be good unless this precaution be taken; steam 3 hours, and then place on a buttered tin sheet, which put in a baking-pan; baste well with butter, pepper, salt and flour; roast I hour, basting every 10 minutes, and twice with stock; when cold, remove the skewers and strings, and garnish with aspic jelly (see "Sauces, Catsups and Dressings"), cooked beets, and parsley. To carve: First cut off the wings, then about 2 thick slices from the neck, where it will be quite fat, and then cut in thin slices. Serve jelly with each plate.

Filling for a turkey weighing 8 pounds: The flesh of I chicken weighing 4 pounds, I pound clear veal, 1/2 pound clear salt pork, I small cup cracker-crumbs, 2 eggs, I cup broth, 2½ teaspoons salt, ½ teaspoon pepper, I teaspoon summer savory, I of sweet marjoram. I of thyme, ½ teaspoon sage, and, if you like, I tablespoon capers. I quart oysters, and 2 tablespoons onion-juice; have the meat uncooked and free from any tough pieces; chop very fine; add seasoning, crackers, etc., mix thoroughly, and use; if oysters are used 1/2 pound of the veal must be omitted; where one cannot eat veal, use chicken instead; veal is recommended for its cheapness. Why people choose boned turkey, instead of a plain roast turkey or chicken is not plain, for the flavor is not so good; but at the times and places where boned birds are used, it is a very appropriate dish. That is, at suppers, lunches, and parties, where the guests are served standing, it is impracticable to provide anything that cannot be broken with a fork or spoon; therefore the advantage of a boned turkey, chicken, or bird is apparent. One turkey, weighing 8 pounds before being boned will serve 30 persons at a party, if there are, also, say oysters, rolls, coffee, ices, cake and cream. If the supper is very elaborate, the turkey will answer for I of the

dishes for 100 or more persons. If nothing more were gained in the boning of a bird, the knowledge of the anatomy, and the help this will give in carving, pay to bone 2 or 3 chickens. It is advisable to bone at least 2 fowls before trying a turkey, for if you spoil them there is nothing lost, as they make a stew or soup.

### BONED TURKEY, NO. 2.

Select a fat young turkey; bone as directed in No. 1; turn the legs and wings inside out, and draw them inside the turkey; bone a tender chicken, dredge both with salt and pepper; put the chicken inside the turkey; mix I pound lean ham chopped, I cup grated cracker, and 3 well-beaten eggs; season with herbs, form in a roll and place inside the chicken, draw the skin of the turkey together and sew up; then press and work with the hands until the mass is an even roll; wrap tightly in a cloth and tie; put the bones and scraps of the chicken and turkey in the soup kettle with 1/2 an onion, I carrot sliced, 4 cloves, a little parsley, thyme, and sweet marjoram; cover with cold water, bring gently to a boil, and let simmer for 4 hours; take from the fire and let cool in the liquor, then take up and lay on a large dish, weight down with a board and stand away over night; in the morning remove the cloth, brush with beaten egg and cracker crumbs, place in a very hot oven to brown, then stand away until very cold; garnish with aspic jelly (see "Sauces, Catsups and Dressings"). When serving, slice very thin.

#### BOILED TURKEY.

Stuff the turkey as for roasting. A very nice dressing is made by chopping ½ pint oysters and mixing them with bread-crumbs, butter, pepper, salt, thyme, and wet with milk or water. Baste about the turkey a thin cloth, the inside of which has been dredged with flour, and put it to boil in cold water with I teaspoon salt in it. Let a large turkey simmer for 3 hours. Skim while boiling. Serve with oyster sauce, made by adding to I cup of the liquor in which the turkey was boiled the same quantity of milk and 8 oysters chopped fine; season with minced parsley; stir in I spoon

rice or wheat flour wet with cold milk, and I tablespoon butter. Boil up once and pour into a tureen.

### ROAST TURKEY.

Select a plump turkey, and when it has been carefully prepared -picked, singed, drawn, washed, wiped and trussed-season the inside with pepper and salt, and stuff with any dressing or forcemeat preferred; sew up the opening with strong, not coarse, thread. Put the fowl into a baking-pan with 2 or 3 ounces butter, and roast in a hot oven until well done, basting frequently, first with the butter and then with the drippings. Do not forget that the basting is an important part of the process of baking all kinds of meats, especially that of fowls; if this is neglected the meat will be dry and hard, instead of tender and juicy. Allow at least 5 hours for baking a large turkey, and keep the oven hot from the moment the fowl is put into it until it comes out brown, tender and toothsome. Boil the giblets and neck in I pint water until tender; then mash the liver and chop the gizzard as fine as possible and add them to the gravy, which make as follows: When you take the turkey from the baking-pan, pour off the drippings, set the pan on the top of the stove; add the water in which the giblets were cooked—there should be at least 2/3 of a pint—rub the glaze from the bottom of the pan with the back of a spoon; let boil up and add the prepared giblets; thicken with browned flour; season with pepper and salt, and send to the table in a gravy tureen. Serve cranberry sauce or jelly, currant jelly or spiced currants, with roast or baked turkey.

# ROAST TURKEY, NO. 2.

Rinse out the turkey well with soda and water, then with salt, lastly with clear water. Stuff with a dressing made of breadcrumbs, wet up with butter and water and season to your taste. Stuff the craw and tie up the neck. Fill the body and sew up the vent. We need hardly say that the strings are to be clipped and removed after the fowl has been roasted. Tie the legs to the lower part of the body that they may not "sprawl" as the sinews shrink.

Put into the dripping-pan, pour I cup boiling water over it, and roast, basting often, allowing about IO minutes' time for every pound. Be careful not to have your oven too hot—especially for the first hour or so. The turkey would, otherwise, be dry and blackened on the outside and raw within. Much of the perfection of roasting poultry depends upon basting faithfully. Boil the giblets tender in a little water. When the turkey is done, set it where it will keep warm; skim the gravy left in the pan; add a little boiling water; thicken slightly with browned flour; boil up once and add the giblets minced fine. Season to taste; give another boil, and send to table in a gravy-boat.

### ROAST TURKEY WITH CHESTNUT STUFFING AND SAUCE.

Clean the turkey and lard the breast. Throw 50 large chestnuts into boiling water for a few minutes; then take them up, and rub off the thin, dark skin; cover them with boiling water, and simmer for I hour; take them up, and mash fine. Chop I pound veal and  $\frac{1}{2}$  pound salt pork very fine; add  $\frac{1}{2}$  of the chestnuts to this, and add, also,  $\frac{1}{2}$  tablespoon pepper, 2 teaspoons salt, and I cup stock or or water. Stuff the turkey with this; truss and roast: serve with a chestnut sauce. The remaining  $\frac{1}{2}$  of the chestnuts are for this sauce.

#### POTTED TURKEY.

Turkey may either be potted whole or cut into neat joints and potted, or the flesh may be picked from the bones and pounded before it is put into the jars. In any case the meat must be thickly covered with butter, or it will not keep. When the meat is not pounded, the joints must be packed together as closely as possible, or they will require a good deal of butter. Birds which are boned and stuffed are excellent potted; they must be quite fresh, must be carefully cleaned, nicely seasoned, baked, and quite cold before they are put into the jars, and the butter must be clarified before it is poured over them. If the meat is to be kept, the jar should be covered with bladder and tied down closely. Potted chicken is improved by pounding a little fat and lean ham with the meat.

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### POULTRY WINGS.

Turkey and chicken wings prepared this way are very nice for luncheon or supper: Season them, stew them in as little water as possible until they are tender, when take them out and let get cold. Then egg-and-bread-crumb them, and fry in hot butter. Serve with a tomato sauce.

# COLD POULTRY DISHES.

# CROQUETTES OF CHICKEN.

Mince fine the remains of a roast or boiled chicken or turkey. Add 2 well-beaten eggs, and flavor to taste with pepper, salt and a very little grated lemon-peel; then stir in I ounce finely crumbed bread, and form into the shape of pears, not too large; roll in beaten egg, then in bread-crumbs, and fry in boiling lard to a light brown; dish in a warm napkin or entree dish, after having stuck a stalk of parsley in each for a stem. Try them; they are nice.

#### CHICKEN HASH.

This is the proper way to serve for breakfast whatever roast or boiled chicken may be left over from dinner. Mince the cold chicken, but not very fine, and to I cup meat add 2 tablespoons good butter, ½ cup milk, enough minced onion to give a slight flavor, and salt, made and pepper to taste. Stew it, taking care to stir it, and serve with a garnish of parsley, if you like it. Every particle of bone must be extracted.

#### CHICKEN RISSOLES.

Take cold baked chicken left from dinner; free the meat from the bones and chop fine. Rub a little dried bread into fine crumbs, and to this add any heated liquor of chicken, or hot water, and moisten the bread thoroughly. To I-pint bowl crumbs and meat—the proportion may be as necessity makes it—allow I tablespoon

salt, I of pepper, I of sifted sage and I heaping teaspoon butter. Make into little cakes, dust with flour and fry to a light brown.

#### MINCED FOWLS.

Remove from the bones all the flesh of either cold roast or boiled fowls; clean it from the skin, and keep covered from the air until ready for use; boil the bones and skin with 3/4 pint water until reduced quite half; strain the gravy and let cool; next, having first skimmed off the fat, put it into a clean sauce-pan with 1/2 cup cream, 3 ounces butter, well mixed with 1 tablespoon flour; keep these stirred until they boil; then put in the fowl, finely minced with 3 hard-boiled eggs, chopped, and sufficient salt and pepper to season; shake the mince over the fire until just ready to boil; dish it on hot toast, and serve.

### CHICKEN PATTIES.

Mince up fine cold chicken, either roasted or boiled. Season it with pepper and salt, and a little minced parsley and onion. Moisten it with chicken gravy or cream sauce, fill scalloped shells that are lined with pastry with the mixture, and sprinkle bread-crumbs over the tops. Put 2 or 3 tiny pieces of butter over each, and bake brown in a hot oven.

### FRIED TURKEY.

Not every one, however, knows how to fry turkey. Cut in neat pieces the remains of the turkey, make a batter of beaten eggs and fine bread-crumbs, seasoned with pepper, salt, and pounded mace or nutmeg, add a few sprigs of parsley; dip the pieces into this and fry them a light brown. Take a good gravy, thicken with flour and butter, and flavor with mushroom or other catsup, and pour over them. Serve with sippets and sliced lemon. Few breakfast dishes are more delicious.

### TURKEY HASHED.

Cut the remnants of turkey from a previous dinner into pieces of equal size. Boil the bones in I quart water, until the quart is

reduced to I pint; then take out the bones, and to the liquor in which they were boiled add turkey gravy, if you have any, or white stock, or a small piece of butter with salt and pepper; let the liquor thus prepared boil up once; then put in the pieces of turkey, dredge in a little flour, give it one boil-up, and serve in a hot dish.

### TURKEY SCALLOP.

Pick the meat from the bones of cold turkey, and chop it fine. Put a layer of bread-crumbs on the bottom of a buttered dish, moisten them with a little milk, then put in a layer of turkey with some of the filling, and cut small pieces of butter over the top; sprinkle with pepper and salt; then another layer of bread-crumbs, and so on until the dish is nearly full; add a little hot water to the gravy left from the turkey and pour over it; then take 2 eggs, 2 tablespoons milk, I melted butter, a little salt and cracker-crumbs as much as will make it thick enough to spread on with a knife; put bits of butter over it, and cover with a plate. Bake 3/4 hour. Ten minutes before serving, remove the plate and let it brown.

#### TURKEY WARMED OVER.

Pieces of cold turkey or chicken may be warmed up with a little butter in a frying-pan; place it on a warm platter, surround it with pieces of small thick slices of bread or biscuit halved, first dipping them in hot salted water; then place the platter in a warm oven, with the door open; have already made the following gravy to pour over all: Into the frying-pan put I tablespoon butter, I or 2 cups milk, and any gravy that may be left over; bring it to a boil; then add sufficient flour, wet in a little cold milk or water, to make it the consistency of cream; season with salt, pepper, and add a little of the dark meat chopped very fine; let the sauce cook a few minutes, then pour over the biscuit and fowl. This will be found a really nice dish.

For "Forcemeats and Stuffings," see chapter on meats.

# CHAPTER XVII.

### PICKLES.

In making pickles use none but the best cider vinegar. Never keep pickles in glazed earthenware, but in wood, glass or hard stoneware, and well covered with vinegar. Do not use metal utensils in making them as the vinegar, acting upon the metal produces a poison. They should be examined every month or two, and soft pieces removed. If there is much tendency to soften, it is advisable to strain off the vinegar, add to each gallon I cup sugar, boil it, and return it to the pickle jar while hot. The occasional addition of a little sugar keeps pickles good, and improves them. Spices in pickles should be used whole, slightly bruised, but preferably not ground; if ground they should be tied up in thin muslin bags. Most pickles, if well kept, improve with age by the vinegar losing its raw taste and the flavor of the spices improving and blending.

### PICKLED ARTICHOKES.

Boil the artichokes in strong salt and water for 2 or 3 minutes; lay on a hair sieve to drain; when cold, lay in narrow-topped jars; take as much white wine vinegar as will cover the artichokes, and boil it with I or 2 blades mace, some root ginger, and I nutmeg grated fine. Pour it on hot, seal and put away for use.

#### PICKLED BUTTERNUTS AND WALNUTS.

Gather them when soft enough to be pierced by a pin; lay them in brine 5 days, changing this twice in the meantime; drain and wipe them with a coarse cloth; pierce each by running a large needle through it, and lay in cold water for 6 hours. To each gallon of vinegar allow I cup sugar, 3 dozen each of cloves and black peppers, ½ as much allspice, and I dozen blades mace; boil 5 min-

utes; pack the nuts in small jars and pour over them scalding hot; repeat this twice within a week; tie up and set away. They will be good to eat in a month.

#### PICKLED BEANS.

The beans should be gathered young; place them in a strong brine of salt and water; when turning yellow, which will be in I or 2 days, remove them and wipe them dry; boil the vinegar with a little mace, whole pepper, and ginger (2 ounces pepper and I ounce each of ginger and mace to each quart vinegar); pour this over the beans; a small bit of alum, or I teaspoon soda will bring back the color; cover them to keep in the steam and reboil the vinegar the next day; throw over hot as before; cover, but do not tie down till cold.

### PICKLED BEETS.

Take the beets, cleanse and boil 2 hours; when cold peel and slice, put into a jar and cover with vinegar prepared in the following manner: Boil ½ ounce each of cloves, pepper-corns, mace and ginger in 1 pint vinegar, when cold add another pint.

#### PICKLED BROCOLI.

Choose the finest, whitest and closest vegetables before they are quite ripe; pare off all green leaves and the outsides of the stalks; parboil them in well-salted water; when drained and dry pull off the branches in convenient-sized pieces and put them into a jar of pickle prepared as for onions. Time to parboil, 4 or 5 minutes.

### BOTTLED PICKLES.

Wash and wipe small cucumbers; put into a stone jar and cover with salt—allowing I pint salt to ½ bushel cucumbers—and pour over them boiling water enough to cover. Place I gallon at a time on the stove, cover with vinegar, and add I lump alum about the size of a hickory-nut. Put on the stove in another kettle I gallon of the very best cider vinegar, to which add ½ pint brown sugar; have bottles cleansed and placed to heat on stove in a vessel of

cold water; also have a cup of heated sealing-wax. Have spices prepared in separate dishes as follows: Green and red peppers sliced in rings, horse-radish roots washed, scraped and cut in small pieces, black and yellow mustard seed if liked, each prepared by sprinkling with salt and pouring on some boiling water, which let stand for 15 minutes and then draw off, stick of cinnamon broken into pieces and a few cloves. When pickles come to boiling point, take out and pack in bottles, mixing with them the spices; put in a layer of pickles, then a layer of spices, shaking the bottles occasionally so as to pack tightly. When full, cover with the boiling hot vinegar from the other kettle (using a bright funnel and tin cup), going over them a second time and filling up, in order to supply shrinkage, for the pickles must be entirely covered with vinegar; put in the corks, which should fit very snugly; lift each bottle and dip the cork end in the hot sealing-wax; proceed in this manner with each bottle, dipping each a second time into the wax so that they may be perfectly secure. Glass cans, the covers of which have become defective, can be used by supplying corks. Pickles prepared in this way are superior to imported pickles.

### CUCUMBER PICKLES.

Take small cucumbers, wash and place in jars; let stand over night in a weak brine. In the morning scald in weak vinegar, with a small lump of alum added; then put into cans a layer of cucumbers and scatter over white mustard seed, red peppers and horseradish, cut in small pieces, and whole black pepper according to strength desired; in this manner fill the cans; heat strong cider vinegar, and pour hot over them until cans are full; place a grape leaf on the top and seal.

### CUCUMBER PICKLES, NO. 2.

Six hundred small cucumbers, 2 quarts peppers, 2 quarts small onions. Make enough brine to cover the pickles, allowing I pint salt to 4 quarts water, and pour it, boiling, over the pickles. Let them stand until the next morning; then pour off the brine, throw it away, make a new one, and scald again. The 3rd morning

scald this same brine and pour it over again. The 4th morning rinse the pickles well in cold water, and cover them with boiling vinegar; add a little piece of alum, and 2 tablespoons each of whole cloves and allspice, tied in a bit of muslin, if you like the spice.

### GREEN PICKLED CUCUMBERS.

Make a brine, strong enough to bear an egg, and put in your cucumbers; let them remain 3 weeks, then pour off the salt water and throw them into cold water for 24 hours; line the kettle with grape leaves, put in your cucumbers in layers, with grape leaves between, and cover well with leaves; pour over them vinegar and water with a lump of alum to green them. Alum the size of a pigeon's egg is sufficient for a 2-gallon kettle full. Let the vinegar and water heat, but not boil. When the pickles are green, throw them into cold water. Prepare your vinegar; to a gallon allow I cup sugar, 3 dozen whole black peppers, the same of cloves, ½ as much allspice and mace, some pieces of horse-radish, and a small red pepper, and several tablespoons mustard seed. Let the vinegar come to a boil, and when cold, pour over your cucumbers; tie up closely and in a few weeks they will be ready for use.

### CUCUMBERS IN BRINE.

Leave at least I inch of stem to the cucumbers, and wash well in cold water; make a brine of salt and water strong enough to bear an egg; put your cucumbers in this as you gather them each day from the vines. Cut a board so as to fit inside your barrel; bore holes here and there through it, and put this board on the cucumbers with a weight sufficient to keep it down, and each day take off the scum that rises. When wanted for use, take out what is necessary and soak them 2 or 3 days, or until the salt is out of them, and then pour boiling spiced vinegar over them. A red pepper or two is an improvement if one likes hot pickles.

#### PICKLED CABBAGE.

Select solid heads, slice very fine, put in a jar, then cover with boiling water; when cold, drain off the water, and season with

grated horse-radish, salt, equal parts black and red pepper, cinnamon and whole cloves.

### PICKLED CABBAGE, NO. 2.

Slice red cabbage very thin; put on it a little coarse salt, and let it rest 24 hours to drain; add sliced onions, if you like them; boil 4 spoons pepper and 4 of allspice in 1 quart vinegar, and pour it over.

### PICKLED CAULIFLOWER.

Choose such as are firm, yet of their full size; cut away all the leaves and pare the stalks; pull away the flowers in bunches, steep in brine 2 days, then drain them, wipe them dry, and put them in hot pickle, or merely infuse, for 3 days, 3 ounces curry powder in each quart of vinegar.

### PICKLED CAULIFLOWER, NO. 2.

These should be sliced and salted for 2 or 3 days, then drained, and spread upon a dry cloth before the fire for 24 hours; after which they are put into a jar, and covered with spiced vinegar.

#### TO HARDEN PICKLES.

After they are taken out of the brine take a lump of alum and a horse-radish cut in strips; put this in the vinegar, and it will make them hard and crisp. When you wish to make a few cucumber pickles quickly, take good cider vinegar, heat it boiling hot and pour it over them. When cool, they are ready for use.

### CHOW-CHOW.

Two quarts green tomatoes, 2 white onions, 6 green peppers, 12 cucumbers, 2 heads cabbage, all chopped fine; let this stand over night; sprinkle I cup salt in it. In the morning drain off the brine, and season with I tablespoon celery seed, I ounce turmeric, ½ teaspoon cayenne pepper, I cup brown sugar, I teaspoon each of cinnamon, allspice and black pepper, ¼ ounce cloves, vinegar enough to cover, and boil 2 hours.

### CHOW-CHOW, NO. 2.

Two heads cabbage, 2 heads cauliflower, 12 cucumbers, 6 roots celery, 6 peppers, I quart small white onions, 2 quarts green tomatoes; cut into small pieces and boil each vegetable separately until tender, then strain them; 2 gallons of vinegar, ½ pound mustard, ¼ pound mustard seed, I pot French mustard, I ounce cloves, 2 ounces turmeric; put the vinegar and spices into a kettle and let them come to a boil; mix the vegetables and pour over the dressing.

## CHOW-CHOW, NO. 3.

Take I peck small cucumbers, ½ peck green tomatoes, ½ peck small onions, and 2 or 3 heads of cauliflower, 6 green peppers cut in small pieces or slices. After preparing these by peeling the onions, separating the cauliflower into bits, cutting the cucumbers in pieces and slicing the green tomatoes, if they are not very small, sprinkle salt over them all, and let them stand 24 hours; then rinse the salt off and drain well; then take vinegar enough to cover the pickles, 3 heads of celery broken in small pieces, a handful of scraped horseradish root, ½ ounce turmeric and ground cloves, 2 ounces each of ground black pepper and of sugar, ½ pound each of white mustard seed and ground mustard, and put all these into cold vinegar, not too strong, and boil for 15 minutes, then pour over the pickles. The chow-chow will be ready for use in a few weeks, but is better when older. Put in bottles or glass jars.

### PICKLED CHERRIES.

Take the largest and ripest red cherries, remove the stems, have ready a large glass jar, fill it  $\frac{2}{3}$  full with cherries, and fill up to the top with best vinegar; keep it well covered and no boiling or spice is necessary, as the cherry flavor will be retained, and the cherries will not shrivel.

#### FRENCH PICKLES.

One peck green tomatoes, sliced, 6 large onions, sliced; sprinkle over them I cup salt; let them stand over night; in the morning

drain and boil 15 minutes in 2 parts water and I part vinegar; drain again; take 2 quarts vinegar, I pound sugar, I tablespoon each of cloves, cinnamon and allspice; boil together for 15 minutes and pour over the pickles.

### MIXED PICKLES.

One quart raw cabbage chopped fine; I quart boiled beets chopped fine; 2 cups sugar, I tablespoon salt, I teaspoon red pepper, I cup grated horse-radish; cover with cold vinegar and keep from the air.

# MIXED PICKLES, NO. 2.

Three hundred small cucumbers, 4 green peppers sliced fine, 2 large or 3 small heads cauliflower, 3 heads white cabbage sliced fine, 9 large onions sliced, I large horse-radish, I quart green beans cut I inch long, I quart green tomatoes sliced; put this mixture in a pretty strong brine 24 hours; drain 3 hours; then sprinkle in ½ pound each of black and white mustard seed, also I tablespoon black ground pepper; let it come to a good boil in just vinegar enough to cover it, adding a little alum; drain again and when cold put in ½ pint ground mustard; cover the whole with good cider vinegar; add turmeric enough to color if you like.

#### PICKLED LEMONS.

Take 8 thick-skinned lemons, ½ pound fine salt, 2 quarts vinegar, ¼ ounce each of cloves, nutmeg, mace, and cayenne; 2 ounces mustard seed; I small onion. Put all this in a muslin bag, the whole to be put in a tight, covered jar. Set in a kettle of boiling water and let it remain till the lemons are tender. It is better to keep them three months before using.

#### MANGOES.

Get small green musk-melons or cantelopes. Cut a small square from the side of each one, and, with a teaspoon, scrape out all the seeds. Make a brine of I pint salt to I gallon water. Cover the mangoes with it while it boils. Let them stand 2 days; then drain

them, and stuff with the same mixture as is used for stuffed peppers. Pour boiling water over them, using in it a bit of alum.

### MANGOES, NO. 2.

Take green melons and make a brine strong enough to bear up an egg; then pour it boiling hot on the melons, keeping them under the brine; let them stand 5 or 6 days, slit them down on one side, take out all the seeds, scrape them well in the inside, and wash them clean; then take cloves, garlic, ginger, nutmeg and pepper; put all these proportionately into the melons, filling them up with mustard seed; then lay them in an earthen pot, and take I part mustard seed and 2 parts vinegar, enough to cover them, pouring it on scalding hot. Keep them closely covered.

### PEACH MANGOES.

Take sound, ripe, free-stone peaches, rub off the fur, split them open, take out the pits; have ready some finely chopped tomatoes and cabbage, grated horse-radish and mustard seed; fill the vacancy in the peach, then place them together and tie with a string; place in a jar and fill up with hot spiced vinegar.

#### PICKLED NASTURTIUMS.

Soak for 3 days in strong salt and water; then strain and pour boiling vinegar over them, omitting the spice. Vinegar for any pickle should never be allowed to boil over I minute.

#### PICKLED ONIONS.

Small silver-skinned onions; remove outer skin so that each one is white and clean; put them into brine that will float an egg for 3 days; bring vinegar to a boiling point, add a little mace and whole red peppers and pour hot over the onions, well drained from the brine.

# PICKLED ONIONS, NO. 2.

Peel the onions and let them lie in strong salt and water 9 days, changing the water each day; then put them into jars and pour

fresh salt and water on them, this time boiling hot; when it is cold, take them out and put them on a hair sieve to drain, after which put them in wide-mouthed bottles and pour over them vinegar prepared in the following manner: Take white wine vinegar and boil it with I blade of mace, some salt and ginger in it; when cool, pour over the onions.

#### PICALILLI.

One peck green tomatoes, I large cabbage, I dozen onions; add ½ pint salt; after the above have been chopped fine let it stand over night; in the morning drain off the brine and scald in weak vinegar; drain this off and stir in ground spices to suit the taste; add 6 red peppers and a little horse-radish root; pack in a crock and cover with strong vinegar; a few small cucumbers put in whole are quite an addition.

#### PICKLETTE.

Four large, crisp cabbages chopped fine, I quart onions chopped fine, 2 quarts vinegar, or enough to cover the cabbage, 2 tablespoons each of ground mustard, black pepper, cinnamon, turmeric, celery seed, and I of allspice, pulverized alum and mace; pack the onions and cabbage in alternate layers with a little salt between them; let them stand until next day; then scald the vinegar, sugar and spices together and pour over the cabbage and onions; do this 3 mornings in succession; on the fourth put all together over the fire and heat to a boil; let them boil 5 minutes; when cold pack in small jars; it is fit for use as soon as cold and will keep well.

### STUFFED PEPPERS.

Get large bell peppers; cut around the stem, remove it, and take out all the seeds; for the stuffing use 2 quarts chopped cabbage, I cup white mustard seed, 3 tablespoons celery seed, 2 tablespoons salt, ½ cup grated horse-radish; fill each pepper with part of this mixture, and into each one put a small onion and a little cucumber; tie the stem on again, put the peppers in a jar, and cover with cold vinegar.

### PICKLED TOMATOES.

Let the tomatoes be thoroughly ripe, and let them lie in strong salt and water for 3 or 4 days, then put them down in layers in jars, mixing with them small onions and pieces of horse-radish, then pour on cold vinegar after having spiced it. Use plenty of spice, cover carefully, and let stand for a month before using.

### GREEN TOMATO PICKLES.

Slice I peck tomatoes into a jar and sprinkle a little salt over each layer; let them stand 24 hours, drain off the liquor; put the tomatoes into a kettle with I teaspoon each of the following spices: Ground ginger, allspice, cloves, mace, cinnamon, I teaspoon scraped horse-radish, I2 small or 3 large red peppers, 3 onions, I cup brown sugar; cover all with vinegar; boil slowly till tender.

### TO KEEP TOMATOES WHOLE.

Fill a large stone jar with ripe tomatoes, then add a few whole cloves and a little sugar; cover them well with ½ cold vinegar and ½ water; place a piece of flannel over the jar well down in the vinegar, then tie down with paper. In this way tomatoes can be kept I year. Should mildew collect on the flannel it will not hurt them in the least.

#### GREEN TOMATO SOY.

Two gallons of green tomatoes sliced without peeling; slice also 12 good sized onions; 2 quarts vinegar, 1 quart sugar, 2 tablespoons each of salt, ground mustard, and ground black pepper, 1 tablespoon cloves and allspice. Mix all together and stew until tender, stirring often lest they should scorch. Put up in small glass jars. A good sauce for all kinds of meat or fish.

### SWEET PICKLES.

### SWEET PICKLES.

To every 7 pounds of fruit allow  $3\frac{1}{2}$  pounds sugar and 1 pint cider vinegar, 2 ounces whole cloves, 2 of stick cinnamon. This is

for peaches, pears, apples or musk melons. Peaches, pears and apples should be pared only, not divided. Then in each stick 2 whole cloves. The cinnamon should be boiled in the vinegar. Put the prepared fruit into a jar and pour the vinegar, scalding hot, over it. Repeat this for 3 mornings. These sweet pickles will be found delicious, and will keep any length of time. The melons should be cut in strips as if to serve fresh on the table, and should not be too ripe. Simmer them 30 minutes slowly in the prepared vinegar, and they will need no further attention except to keep them closely covered, and they will keep good I year.

### SWEET APPLE PICKLE.

Pickled sweet apples can be made by taking 3 pounds sugar, 2 quarts vinegar, ½ ounce cinnamon, ½ ounce cloves; pare the apples, leaving them whole; boil them in part of the vinegar and sugar until you can put a fork through them; take them out; heat the remainder of the vinegar and sugar and pour over them. Be careful not to boil them too long or they will break.

### DRIED-APPLE PICKLES-VERY NICE.

Two pounds dried-apples, I quart good vinegar, I cup sugar, a little spice and cloves. Soak the apples all night, in the morning put water enough on them to cook until tender. Boil vinegar, sugar and spices, then put in the apples, boil once and you have a good dish for dinner sauce.

### PICKLED CRAB APPLES.

Steam the apples, after piercing them with a fork. Prepare a syrup of I pint good vinegar; I pound brown sugar (more, if liked), and I scant tablespoon of each kind of spice. Boil IO minutes and pour over the apples after they have been placed in the jar.

#### PICKLED BLACKBERRIES.

Three quarts blackberries, I quart vinegar, I quart sugar; no spice is required; put all together at the same time into your kettle and boil 10 or 15 minutes. After standing a few weeks they are very nice.

### SWEET CAULIFLOWER PICKLES.

To 12 heads cauliflower, 5 quarts vinegar, 5 cups brown sugar, 6 eggs, I bottle French mustard, 2 tablespoons ginger, a few garlics, 2 green peppers, ½ teaspoon cayenne, butter size of an egg, I ounce pulverized turmeric. Beat well together the eggs, sugar, mustard, ginger and turmeric, then boil in vinegar, with garlic and peppers, 10 minutes. Boil cauliflower in salt water until tender, then place carefully in jar, and pour over the boiling hot mixture.

### RIPE CUCUMBER PICKLE.

Take large yellow cucumbers, pare them, take out the cores, and soak in salt water 2 days; then take them out of the brine, pour over them boiling water, and let them stand over night; pour off this water, and they are ready for the pickle, which prepare thus: For each quart sharp vinegar, take I pint hot water, 2 large cups sugar, and I tablespoon each of the following spices: cinnamon, cloves, allspice, black pepper, mace or nutmeg; add a handful of raisins or ripe grapes; scald all together and boil until the cucumbers are easily penetrated with a fork; use as little of the vinegar as possible to boil them in, and pour the rest over them when done.

### PICKLED GRAPES.

Fill a jar with alternate layers of sugar and bunches of nice grapes, not too ripe; fill  $\frac{1}{3}$  full of good, cold vinegar and cover tightly.

# PICKLED GRAPES, NO. 2.

When grapes are not quite ripe, but dark colored, pick from the stem and wash; put in bottles; in a dish put sugar and vinegar, and boil a few minutes; add spices to taste; boil a few minutes, pour over the grapes and seal up the bottles.

#### SWEET MELONS.

Use ripe musk melons; pare them, cut them in slices and remove the seeds; to 5 pounds melon allow 2½ pounds sugar and 1 quart vinegar; the vinegar and sugar must be heated to the boiling point

and poured over the fruit 6 times, or once on each of 6 successive days; in the last boiling of the syrup add  $\frac{1}{2}$  ounce stick cinnamon,  $\frac{1}{2}$  ounce white ginger root, and a few cloves; when the syrup boils, put in the melon, and boil 10 minutes; then put in jars; skim the syrup clear and pour it over the melon.

### PICKLED PEACHES.

Eight pounds peaches after they are pared, 4 pounds sugar; make syrup of the sugar and a little water; put in peaches, a few at a time, and cook through but not too soft; skim them out carefully and put into a jar; when all are cooked, boil the syrup down thick, then add I pint cider vinegar, I teaspoon cloves, 2 teaspoons cinnamon, I teaspoon mace, and pour hot over the peaches. Cover up the jar closely. If put into cans they will keep any length of time.

### PICKLED PLUMS.

For 8 pounds fruit take 4 pounds sugar, 2 quarts vinegar, I ounce cinnamon, and I ounce cloves; boil the vinegar, sugar, and spices together; skim, and pour scalding hot over your fruit; let it set 3 days, pour off the syrup, scald and skim and pour over again, and continue this process every 3 days till you have scalded it 3 times, after which it will be fit for use. Plums prepared in this way we think superior to the old method of preserving with sugar alone.

#### STRAWBERRY PICKLES.

Pickles made of the large garden strawberries are a novelty, and are highly esteemed. Put the fresh berries in a jar, a layer in the bottom first with cinnamon and cloves scattered over them, then put another layer of berries and continue in this way until the jar is nearly full; then pour over them a syrup made of 2 cups vinegar and about 3 cups sugar; heat this to the boiling point, and then pour it into the jar. Let it stand from one morning until the next; then set the jar into a kettle of water and let them boil slowly for nearly I hour. If you are careful to let them cook slowly, and do

not break them when stirring, the berries will keep their shape perfectly. If canned they are sure to be fresh and delicious when wanted.

### PICKLED RAISINS.

Leave 2 pounds raisins on stem, add 1 pint vinegar and  $\frac{1}{2}$  pound sugar; simmer over a slow fire  $\frac{1}{2}$  hour.

#### SWEET TOMATO PICKLE.

One peck green tomatoes sliced. Sprinkle with I cup salt, and let them stand over night. In the morning drain. Add to the tomatoes 2 quarts water and I quart vinegar. Boil 15 minutes; then drain again, and throw this vinegar and water away. Add to the pickle 2 pounds sugar, 2 quarts vinegar, 2 tablespoons each of clove, allspice, ginger, mustard and cinnamon, and I teaspoon cayenne, and boil 15 minutes.

### RIPE TOMATO PICKLES.

To 7 pounds ripe tomatoes add 3 pounds sugar, I quart vinegar; boil them together 15 minutes, skim out the tomatoes and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

#### PICKLED WATERMELON.

Take the green part of the rind of the melon, pare and cut in small pieces. To I quart vinegar add 2 pounds sugar, I ounce cassia buds; in this boil the rind until clear and tender.

## VINEGAR.

### CHEAP VINEGAR.

Have some good cider vinegar in a keg to start with. Save all skimmings, currants, pieces of fruit, etc., left after making jelly; put all together in a stone jar, cover with soft water that has been

boiled, and let stand several days. Also save apple peelings, boil them up well in a porcelain kettle, and drain off this liquid into another stone jar; now drain the first jar into the second, and add any remnants of jelly or fruit syrups, the rinsings of the molasses jug, etc., and then if not sweet enough put in some brown sugar or molasses; pour the clear part of the liquid into the vinegar keg and keep in a warm place. Give the air free access, but keep out the dust with a thin cloth.

#### CLOVER VINEGAR.

Put I large bowl of molasses in a crock, and pour over it 9 bowls boiling rain-water; let stand until milk-warm, put in 2 quarts clover blossoms, and 2 cups baker's yeast; let this stand 2 weeks, and strain through a towel. Nothing will mold in it.

### HOME-MADE TABLE VINEGAR.

Put in an open cask 4 gallons warm rain-water, I gallon common molasses, and 2 quarts yeast; cover the top with thin muslin and leave it in the sun, covering it up at night and when it rains. In 3 or 4 weeks it will be good vinegar. If cider can be used in place of rain-water the vinegar will make much sooner—will not take over a week to make very sharp vinegar. Excellent for pickling purposes.

#### MINT VINEGAR.

Put into a wide-mouthed bottle enough fresh, clean peppermint, spearmint, or garden parsley leaves to fill it loosely; fill up with good vinegar, stop closely, leave on for 2 or 3 weeks, pour off into another bottle, and keep well corked for use. This is excellent for cold meats, soups and bread-dressings for roasts; when mints can not be obtained, celery seed is used in the same way.

#### ORANGE VINEGAR.

Peel 5 or 6 fresh oranges, press the juice out in a tall glass and let it stand covered to clarify. Free the rinds from the white part, pound them to a paste and pour ī gallon of good vinegar over it.

Let it stand a few days, then pour off the vinegar, mix it with the clear juice, filter and bottle.

### SPICED VINEGAR, NO. I.

Bruise in a mortar 2 ounces black pepper, I ounce ginger, ½ ounce allspice, and I ounce salt. If a hotter pickle is desired, add ½ drachm cayenne, or a few capsicums. For walnuts add also I ounce shallots; put these in a stone jar, with I quart vinegar, and cover them with a bladder wet with the pickle, and over this a piece of leather; set the jar near the fire for 3 days, shaking it 3 times a day, then pour it on the walnuts or other vegetables. For walnuts it is used hot, for cabbage, etc., cold.

# SPICED VINEGAR, NO. 2.

Put 3 pounds sugar in a 3-gallon jar with a small mouth; mix 2 ounces each of mace, cloves, pepper, allspice, tumeric, celery seed, white ginger in small bits, and ground mustard; put in 6 small bags made of thin but strong muslin, lay in jar, fill with best cider vinegar, and use it in making pickles and sauces.

### TARRAGON VINEGAR.

Gather the tarragon just before it blossoms, strip it from the larger stalks and put it into small stone jars or wide-necked bottles; and in doing this twist the branches, bruising the leaves; pour over it vinegar enough to cover; let it stand 2 months or longer, pour off, strain, and put into small dry bottles, cork well and use as sauce for meats.

# CHAPTER XVIII.

# SALADS.

Fresh salads ought not to lie long in water, the withered only long enough to crisp them. The outside leaves are thrown away, the inner ones parted, well rinsed and examined, and if necessary, plunged into salt and water for a few minutes, which will quickly free the leaves of any insect that may cling to them. They may then be thrown into a colander or salad basket to drain and thence into a napkin held by its 4 corners, and shaken lightly until it absorbs the water hanging about the leaves. Handle the salad as little as possible in cutting. Do not mix it with dressing until the moment of serving, and then it is usual to put the liquids at the bottom of the bowl and stir it up just before serving. Salads of fish, meat or potatoes are better made ½ hour before they are used. Let chives or onions be handled apart when used, not mixed in, as so many object to the flavor.

Melted butter may be used where oil is mentioned.

#### ANCHOVY SALAD.

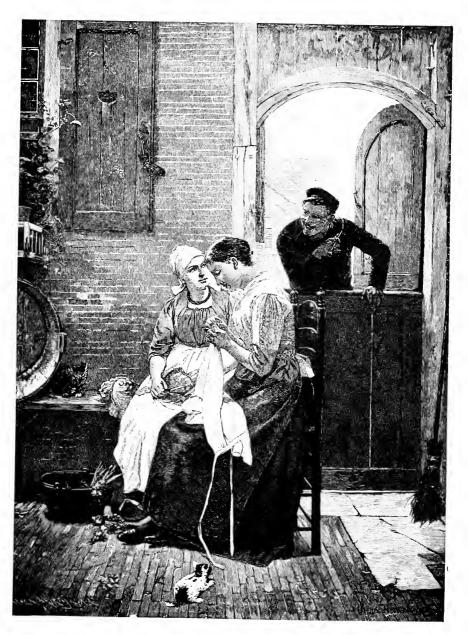
Wash 6 anchovies in water, remove the bones and the insides, and also the heads, fins, and tails. Put them on a dish with 2 large heads lettuce, cut small, ½ dozen young onions, I saltspoon chopped parsley, and I sliced lemon; pour over them the juice of I lemon mixed with salad oil, and send to table.

#### APPLE AND CELERY SALAD.

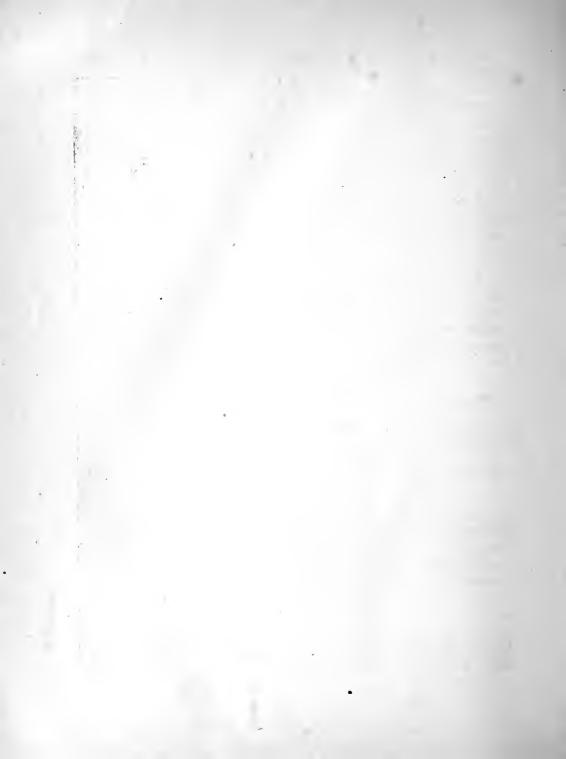
Minced apple, 2 cups; minced celery, 2 cups. Beat up the yolk of I egg and add enough salad oil or melted butter to make a thick cream. Thin with sharp vinegar and season with salt and pepper. Very nice.

### ASPARAGUS SALAD.

Boil the asparagus, and take it from the hot water and plunge it into cold water to give it firmness; drain off the water, and send to table with sauce Vinaigrette or plain French dressing.



A NEGLECTED SALAD.



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#### SALAD OF BEANS.

Put in a bowl 3 pints cold boiled string beans, cut in pieces about 1 inch long, and 1 onion cut in very thin slices; add 2 teaspoons chopped parsley, 6 tablespoons oil, 2 of vinegar, and a pinch of salt and pepper. Mix all well together and serve.

### BAKED-BEAN SALAD.

Cold, baked or boiled beans make a very nice salad if dressed with pepper, salt, a little oil, 3 tablespoons good vinegar and I of sugar to I pint beans.

### BEET SALAD.

Place boiled beets in steamer over kettle of water until warm, then slice and cover with following dressing: 2-quart bowl sliced beets, 3 tablespoons melted butter, salt, pepper and mustard to season, rather sharply, and 7 tablespoons vinegar; cover bowl while warm and place in cellar or refrigerator, cool quickly as possible; a very nice salad.

# BEET SALAD, NO. 2.

This salad is particularly good when both beets and potatoes are new and tender; boil in salted water equal quantities of both, and set them on ice to get cold; just before serving cut them into thin but regular slices, dress with pepper, salt, oil and vinegar, and garnish with water-cress.

### BANANA SALAD.

Cut fine bananas in slices, lengthwise, as thick as a dollar, arrange them on a dish so that the ends of the long semi-circle slices meet and form a hollow center. Pour over them I gill sherry made very sweet with sugar, and into which you have put I teaspoon lemonjuice; let them get ice cold; then fill the center with whipped cream piled high; this is delicious.

#### CABBAGE SALAD.

To I dish of finely sliced cabbage, add 4 teaspoons celery seed, or I bunch celery finely shredded; put in a bowl, the yolks of 2 eggs,

I teaspoon sugar, I teaspoon butter, I teaspoon pepper, I teaspoon salt, I teaspoon made mustard, ½ cup vinegar; set the bowl into hot water, and stir carefully until it begins to thicken; let it get cold, and pour over the cabbage. If it does not moisten it enough, put in a little more vinegar.

### RED CABBAGE AND CELERY SALAD.

Cook the cabbage for 15 to 20 minutes in salted water; cut it and the celery fine, mix them well together; serve with salad dressing made of 6 tablespoons oil, 2 of vinegar, I teaspoon mustard, and a pinch each of salt and pepper.

### CAULIFLOWER SALAD.

This is an excellent entree. Boil the cauliflower in salted water; when tender, which will be in about ½ hour, drain every drop of water from it; let it become cold, then arrange it in a salad bowl with a rich mayonnaise dressing poured over it; it may be garnished with small rings of pickled beets, or with slices of pickled cucumbers; and, by the way, it is a good plan to pickle a jar of large cucumbers, so that you can have them to use as a garnish, and to chop and add to the dressing served with boiled fish.

### CUCUMBER SALAD.

A refreshing variety of salad, to be eaten along with cold meat, is made of cucumbers and onions. The cucumbers are to be pared and then sliced crosswise as thinly as possible; I or 2 large onions are sliced in the same manner and mixed with the sliced cucumbers and the whole put into salt water; this, in a short time, extracts the juice; now drain them and dish, they are then to be well peppered and half covered with good wine or cider vinegar, a little olive oil may be added if liked. This salad also makes a pretty dish served upon curly lettuce leaves.

### CELERY SALAD.

Cut the white stalks of 3 bunches celery into pieces ½ inch long; to each pint allow ½ pint mayonnaise dressing. Dust the

celery lightly with salt and pepper. Mix it with the dressing, heap it on a cold plate, garnish with celery leaves, and serve immediately.

### CHICKEN SALAD.

Cut up a cold boiled chicken into neat strips or pieces, and mix with it an equal quantity of celery. Cut the celery stalks into inch pieces, and cut each piece into thin strips; mix them together with a few spoons mayonnaise; arrange neatly upon a dish garnished with lettuce, parsley, or hard-boiled egg, pour the remainder of the sauce over the meat, and serve.

### CHICKEN SALAD, NO. 2.

Boil I chicken until very tender; when cold chop it fine. Chop I head cabbage and I large handful cucumber pickles very fine. Boil I dozen eggs hard; mash the yolks only with the chicken, I tablespoon celery seed, I of black pepper, I teaspoon ground mustard, I tablespoon salt and 2 of butter, ½ teacup strong vinegar; or the chicken and cabbage may be served with any salad dressing.

### CRAB SALAD.

Boil hard-shell crabs 25 minutes, drain and let them cool gradually, remove the upper shell and tail, break the remainder apart and pick out the meat carefully; the large claws should not be forgotten, for they contain a dainty morsel, and the creamy fat attached to the upper shell should not be overlooked. Line a salad-bowl with the small white leaves of lettuce, add the crab meat, pour over it a mayonnaise garnish with crab claws, hard-boiled eggs, and little mounds of cress leaves, which may be mixed with the salad when served.

#### DANDELION SALAD.

The dandelion makes one of the most wholesome and refreshing of early spring salads and is a great favorite with those who have learned its merit. After very carefully washing the plants, I pint should be placed in the salad-bowl with an equal quantity of water.

cresses, 3 green onions, sliced, I teaspoon salt and a liberal supply of oil or cream dressing.

### EGG SALAD.

Boil I dozen eggs hard, peel and cut in halves, take out the yolks, mash with butter and I teacup minced ham. Add I teaspoon each of salt, sugar and celery seed, with 4 tablespoons vinegar. Mix all together, and fill the whites of the egg with the mixture.

### EGG SALAD, NO. 2.

Put the crisp leaves of I head lettuce in a salad-bowl, and add 4 sliced hard-boiled eggs; sprinkle I dozen minced capers over the whole, then pour over it the following dressing: Three tablespoons melted butter, I teaspoon pepper, salt to season, I teaspoon made mustard, ½ teacup sharp vinegar. Mix well through salad and serve at once.

### FRUIT SALAD.

Prepare a dressing as follows: Beat the yolks of four eggs till thick and light-colored; then beat in gradually I cup powdered sugar and ½ teaspoonful salt. Beat till sugar is dissolved. Add the juice of 2 lemons, and beat again. Peel and slice thin 6 bananas and 4 oranges, taking seeds from oranges. Put into a deep dish a layer of bananas, then some dressing, then a layer of oranges; then again a layer of each with bananas on top. Pour remainder of dressing over, and set on ice. Serve very cold.

### FISH SALAD.

Take any firm cold fish, remove the skin, and pick out the bones, mince fine; add pepper, salt, French mustard, lemon-juice and olive oil: mix well together. Just before serving pour over a little Worcestershire sauce. Oysters or shrimps may be added to the other fish.

### GAME SALAD.

Take the remains of cold cooked game, pick up fine, and cover with a dressing made as follows: Take the yolk of I hard-boiled egg and mix it smoothly with I tablespoon salad oil; stir in a little

salt and pepper, a little made mustard, I dessertspoon walnut catsup, and 3 dessertspoons vinegar.

### GERMAN SALAD.

Boil I or 1½ dozen small-sized white potatoes until they are soft enough to stick a fork in (that is, not quite soft enough to put on the table). Pour off the water, uncover so they will not steam, stand aside for 15 minutes to cool. Cut an onion in very fine slices, I piece bacon (smoked flitch as we call it), cut it in small dice and fry a crisp brown. When your potatoes are cool, peel and cut in thin slices, pepper and salt to taste; mix in your onion, add your fried bacon and the fat that is left in the pan; then finally add about 2 tablespoons vinegar. Garnish with green salad. Salad oil may be used instead of bacon.

#### HAM SALAD.

One pound boiled ham, chopped fine, ½ dozen small pickles, chopped fine, add a little chopped celery and serve with a dressing as for chicken salad.

### LETTUCE SALAD.

Take the yolks of 3 hard-boiled eggs, and salt and mustard to taste; mash it fine; make a paste by adding I dessertspoon olive oil or melted butter; mix thoroughly, and then dilute by adding gradually I cup vinegar, and pour over the lettuce. Garnish by slicing another egg and laying over the lettuce. This is sufficient for a moderate-sized dish of lettuce.

# LETTUCE SALAD, NO. 2.

Wash, dry, and shred nice leaves of lettuce, and put them in a salad bowl; cut 4 ounces bacon into dice; fry these with a finely-minced onion, and do not allow them to burn, add a little salt, if needed, ½ teaspoon pepper, I tablespoon vinegar; pour all over the lettuce, and mix thoroughly; serve immediately.

### LETTUCE AND TOMATO SALAD.

Select fresh, crisp lettuce, wash well, and lay in cold water for ½ hour; shake the water from the lettuce, and place on a platter slice in thin slices selected tomatoes, and lay them on the lettuce; place a piece of ice on top, and serve with mayonnaise dressing.

### LOBSTER SALAD.

Prepare a sauce with the coral of a fine, new lobster, boiled fresh for about ½ hour; pound and rub it smooth, and mix very gradually with a dressing made from the yolks of 2 hard-boiled eggs, I tablespoon made mustard, 3 of salad oil, 2 of vinegar, I of white powdered sugar, I small teaspoon salt, as much black pepper, a pinch of cayenne, and 2 fresh yolks of eggs; next fill your salad bowl with some shred lettuce—the better part of 2—leaving the small curled center to garnish your dish with; mingle with this the flesh of your lobster, torn, broken or cut into bits, seasoned with salt and pepper, and a small portion of the dressing; pour over the whole the rest of the dressing, put your lettuce-hearts down the center, and arrange upon the sides slices of hard-boiled eggs.

# LOBSTER SALAD, NO. 2.

One can of lobster, chopped fine, 6 hard-boiled eggs, chopped fine, I cup vinegar, I tablespoon mustard, ½ teaspoon pepper, small piece of butter, ½ cup cream, 2 raw eggs, well beaten; heat until boiling; mix with lobster and eggs, and lay on lettuce leaves.

### ORANGE SALAD.

Orange salad is a delicious accompaniment for game, broiled or roasted poultry, when made as follows: Slice tart, juicy oranges, removing the seeds, arranging the slices on a salad dish and dressing them with salad oil, a squeeze of lemon-juice, salt and a dust of cayenne.

# OYSTER SALAD.

Drain the liquor from a quart of fresh oysters. Put them in hot vinegar enough to cover them placed over the fire; let them remain

until plump, but not cooked, then drop them immediately in cold water; drain off, and mix with them 2 pickled cucumbers cut fine, also I quart celery cut in dice pieces, some seasoning of salt and pepper; mix all well together, tossing up with a silver fork; pour over the whole a mayonnaise dressing; garnish with celery tips and slices of hard-boiled eggs arranged tastefully.

# POTATO SALAD.

Rub a dish with a shallot, arrange upon it some cold boiled potatoes cut in slices; beat together 3 parts of oil and I part, more or less, according to the strength, of vinegar, with pepper and salt to taste. Pour this over the potatoes, and strew over all a small quantity of any of the following: Powdered sweet herbs, parsley, chervil, Spanish onions, boiled beets, capers, or a combination of them all, finely chopped.

# POTATO SALAD, NO. 2.

Take some cold boiled potatoes and slice very thin; add to them 3 hard-boiled eggs, also sliced thin; chop I small, fresh onion. In a glass bowl or salad dish put a layer of potatoes, then a layer of eggs, and sprinkle over them a little chopped onion, salt and pepper. For dressing, take the yolk of I raw egg and stir into it ½ teaspoon made mustard; beat into it, drop by drop, 3 table-spoons sweet cream; add I tablespoon strong vinegar and the white of the egg beaten to a stiff froth. If needed for supper make at noontime. Flakes of cold boiled salmon, cod, or halibut, substituted for the eggs, or added with them, will improve the salad.

#### SALMON SALAD.

One can of fresh salmon, four bunches of celery; chop as for chicken salad; mix with the salmon, and pour salad dressing over it. Garnish with lettuce or celery tops.

#### SARDINE SALAD.

Arrange I quart of any kind of cooked fish on a bed of crisp lettuce; split 6 sardines, and if there are any bones remove

them. Cover the fish with the sardine dressing; over this put the sardines, having the ends meet in the centre of the dish. At the base of the dish make a wreath of thin slices of lemon. Garnish with parsley or lettuce and serve immediately.

#### SHRIMP SALAD.

Open a can of shrimps; remove any bits of shell; mix them with 4 heads celery washed, scraped and cut in small pieces. When mixed together add mayonnaise dressing which should be made several hours before using. Put the whole into a fancy dish and garnish with celery leaves.

# SHRIMP SALAD, NO. 2.

Make a bed of fresh lettuce, cut fine with a knife. Pour over this a mayonnaise dressing, being careful to leave a fringe of the fresh lettuce about the edge of the dish and a clear place in the center. Distribute the peeled shrimps over the wide ring covered by the mayonnaise, building up a little tuft of lettuce in the center.

### SUMMER SALAD.

Three heads lettuce, 2 teaspoons green mustard leaves, I handful water-cresses, 5 tender radishes, I cucumber, 3 hard-boiled eggs, 2 teaspoons white sugar, I teaspoon each of salt, pepper and made mustard, I cup vinegar, ½ cup oil; mix all well together, and serve with a lump of ice in the middle.

#### TOMATO SALAD.

Peel medium-sized ripe tomatoes, and cut them in slices; set them in the refrigerator, or on ice, where they will get thoroughly cold; cover with either of the mayonnaise dressings when ready to serve—the cream mayonnaise is very delicious for tomatoes; if preferred, the tomatoes may be served whole with I spoon dressing in each; both tomatoes and dressing should stand on the ice until the moment of serving.

## TOMATO SALAD WITH WATER-CRESS.

Take equal parts of peeled sliced tomatoes and water-cress, and dress each in a separate bowl with salt, white pepper, a dash of cayenne, oil and vinegar; let the dressing reach thoroughly all the vegetables, and after each bowl has stood for 5 minutes mix them well together and let the combination stand for a few moments before serving. The tomatoes being rather flat and the cress sharp, each supplies what the other needs. If pains are taken the result is delicious.

### VEAL SALAD.

A bit of cold roast veal makes a very nice salad prepared after the following manner: Remove bones, fat and gristle; cut crosswise of the grain of the meat in the thinnest shavings possible, I inch long, and ½ inch wide; to I pint of the shaved meat add 2 hard-boiled eggs, chopped, 3 or 4 crisp, tender stalks celery cut in small pieces, 2 small heads lettuce, finely shred, and pepper and salt to taste. Lamb may be used in the place of the veal, if preferred, or more convenient. Serve with mayonnaise or any good salad dressing.

#### WATER-CRESS SALAD.

Gather the water-cress when young, cleanse it thoroughly in salt and water, and serve as fresh as possible; place it in a bowl, either alone or mixed with other salad plants, and toss in lightly a simple salad sauce; when served at breakfast, water-cress is best sent to the table as it is, fresh and crisp.

# SALAD DRESSINGS.

Salad dressing to keep for several weeks is a great convenience, as lamb salad or veal cutlet salad, or a thinly sliced ham mayon-naise, are very quickly and conveniently served for luncheon when you have the cold meat, roast or boiled, in the house, and the mayonnaise ready in a jar; beat the yolk of I raw egg into a foam,

adding a few drops at a time of pure sweet oil, until nearly ½ pint is used, beating together until perfectly amalgamated; mix it in a large bowl, with I teaspoon ground mustard, I of salt, and ½ of vinegar, and beat all into a thick, creamy butter; flavor it with more vinegar or lemon-juice, and cover it very closely; the quantity can be doubled for future use, as it will keep for weeks in a cool place.

### BACON DRESSING.

Cut ½ pound bacon-fat into slices, then into very small pieces, and fry them until the oil extracted is a light-brown; remove the pan from the fire, add the juice of I lemon, I wineglass strong vinegar, I saltspoon pepper, and pour it over the salad with the pieces of bacon. A very nice dressing when you cannot get oil, etc.

### PLAIN FRENCH DRESSING.

A plain French dressing is made of salt, pepper, oil, and vinegar, and nothing else; 3 tablespoons oil to I of vinegar, I heaping salt-spoon salt, I even saltspoon pepper, mixed with a little cayenne.

#### MAYONNAISE DRESSING.

One tablespoon mustard, I of sugar, I-IO teaspoon cayenne, I teaspoon salt, the yolks of 3 uncooked eggs, the juice of ½ lemon, ¼ cup vinegar, I pint oil, and I cup whipped cream; beat the yolks and dry ingredients, until they are very light and thick, with either a silver or wooden spoon, or better still, with a Dover beater of second size; the bowl in which the dressing is made should be set in a pan of ice-water during the beating; add a few drops of oil at a time, until the dressing becomes very thick and rather hard; after it has reached this stage, the oil can be added more rapidly; when it gets so thick that the beater turns hard, add a little vinegar: when the last of the oil and vinegar has been added, it should be very thick; now add the lemon-juice and whipped cream, and place on ice for a few hours, unless you are ready to use it; the cream may be omitted without injury.

# RED MAYONNAISE DRESSING.

Lobster "coral" is pounded to a powder, rubbed through a sieve, and mixed with mayonnaise dressing; this gives a dressing of a bright color. Or, the juice from boiled beets can be used instead of "coral."

# GREEN MAYONNAISE DRESSING.

Mix enough spinach green with mayonnaise sauce to give it a bright green color; a little finely chopped parsley can be added.

### ASPIC MAYONNAISE DRESSING.

Melt, but heat only slightly, I cup aspic jelly; or, I cup consomme will answer, if it is well jellied; put in a bowl and place in a basin of ice-water; have ready the juice of ½ lemon, I cup salad oil, ¼ cup vinegar, I tablespoon sugar, I scant tablespoon mustard, I teaspoon salt, I-IO teaspoon cayenne; mix the dry ingredients with the vinegar; beat the jelly with a whisk, and as soon as it begins to thicken add the oil and vinegar, a little at a time. Add the lemon-juice the last thing; you must beat all the time after the bowl is placed in the ice-water. This gives a whiter dressing than that made with the yolks of eggs.

### SALAD DRESSING.

Yolks of 2 hard-boiled eggs rubbed very fine and smooth, I teaspoon English mustard, I of salt, the yolks of 2 raw eggs beaten into the other, I dessertspoon fine sugar; add very fresh sweet oil poured in by very small quantities, and beaten as long as the mixture continues to thicken, then add vinegar till as thin as desired; if not hot enough with mustard, add a little cayenne pepper.

### CREAM SALAD DRESSING.

Two eggs, 3 tablespoons vinegar, I of cream, I teaspoon sugar, 1/4 teaspoon salt, 1/4 teaspoon mustard; beat the 2 eggs well; add the sugar, salt and mustard, then the vinegar and the cream; place

the bowl in a basin of boiling water, and stir until about the thickness of rich cream; if the bowl is thick and the water boils all the time, it will take about 5 minutes; cool, and use as needed.

### SOUR CREAM SALAD DRESSING.

One cup sour cream, I teaspoon salt, a speck of cayenne, I table-spoon lemon-juice, 3 of vinegar, I teaspoon sugar; mix all together thoroughly. This is best for vegetables.

## SARDINE DRESSING.

Pound in a mortar, until perfectly smooth, the yolks of 4 hardboiled eggs and 3 sardines, which have been freed of bones, if there were any; add the mixture to any of the thick dressings, like the mayonnaise or the boiled. This dressing is for fish.

### SAUCE VINAIGRETTE.

Mix a plain French dressing, and add to it ¼ of an onion chopped fine, I teaspoon chopped parsley or pickle.

# CHAPTER XIX.

# SAUCES AND CATSUPS.

### CURRANT CATSUP.

Stew together 4 pounds ripe currants and 1½ pounds sugar, I teaspoon salt, I tablespoon ground cinnamon, I teaspoon ground cloves, I of pepper and I pint cider vinegar; after the first two ingredients are stewed until thick, add the others, heat up once and bottle to use soon. More sugar will make "Spiced Currants," leaving out the pepper, and these will keep indefinitely if cooked till rich, after the vinegar is added.

#### CUCUMBER CATSUP.

Take fair-sized cucumbers, such as are sliced for table use; peel them and grate; to 2 quarts grated cucumber put 8 onions chopped fine, 2 tablespoons black pepper, 3 tablespoons salt, I teaspoon cayenne pepper, I pound white sugar, and bottle, corking and sealing up tight; cover with vinegar.

# CUCUMBER CATSUP, NO. 2.

Take large cucumbers and large onions, an equal number of each; pare and slice them thin, and put them in a sieve, throwing a handful of salt over them; place the sieve over a pan and let them drain for 12 hours; then take the liquor, and for each dozen cucumbers used add 4 ounces anchovies, I pint white wine, I nutmeg grated, ½ ounce mace and ½ ounce whole pepper; let these ingredients boil up, then strain the liquor, and when cold bottle it and tie down tightly with bladder.

### GOOSEBERRY CATSUP.

Ten pounds gooseberries, 6 pounds sugar, 1 quart vinegar, 3 tablespoons cinnamon, 1 tablespoon each of allspice and cloves.

Mash the gooseberries thoroughly; scald and put through the colander; add the sugar and spices, and boil 15 minutes, then add the vinegar; bottle immediately. Ripe grapes may be prepared in the same manner.

## GRAPE CATSUP.

Five pounds grapes; boil and press through colander 2½ pounds sugar, I pint vinegar, I tablespoon each of cinnamon, cloves, all-spice and cayenne pepper, and ½ tablespoon salt. Boil until the catsup is rather thick.

### GREEN PEPPER CATSUP.

This is very charming to those who like hot things. Fill a porce-lain-lined kettle of 10 pounds' capacity with green peppers—the hot kind. Crack up a tablespoon each of mace, allspice and cloves and strew among the pepper, also slice up 4 large onions and mix with them. Now fill the kettle with good vinegar and set it on the stove to boil until the peppers will mash up readily. Lift the kettle off, cover it up and sit away for the contents to get cool. When cool, dip up peppers and vinegar with a teacup, pour into a seive, and rub them through with a spoon until nothing is left in the sieve but skins and seed. Throw those aside and repeat until all of the peppers have been rubbed through. The catsup is now complete. Bottle and cork tight. There is no necessity for sealing it.

### MUSHROOM CATSUP.

See " Mushrooms."

### PLUM CATSUP.

To 3 pounds fruit put 13/4 pounds sugar, 1 tablespoon cloves, 1 tablespoon cinnamon, 1 tablespoon pepper, a very little salt; scald the plums and put them through a colander; then add sugar and spices, and boil to the right consistency.

### TOMATO CATSUP.

Take sound ripe tomatoes, slice and cook until done enough to put through a sieve; then to every gallon of the pulp and juice

add I cup chopped onion, ½ cup black pepper, 4 pods red pepper, cut fine, ½ cup ground ginger and mustard mixed, I ounce celery seed, ½ cup mixed allspice, nutmeg and cinnamon, ½ teaspoon cloves, 2 cups sugar, sufficient salt to taste distinctly, and I pint strong cider vinegar; put all together and cook 2 hours, or longer if not thick enough; it must not be thin or watery; bottle and seal while hot, and in a good cellar it will keep 2 years.

# TOMATO CATSUP, NO. 2.

One gallon ripe tomatoes, 4 tablespoons salt, 2 tablespoons black pepper, ½ tablespoon mustard, I pint vinegar, ½ tablespoon each allspice and cloves, I cup sugar, 3 red peppers chopped fine, boil 3 hours and strain through a sieve, heat again and bottle.

# TOMATO CATSUP, NO. 3.

Boil ripe tomatoes I hour; strain through a sieve. To I quart of juice add I tablespoon cinnamon, I tablespoon black pepper, ½ tablespoon cayenne, I tablespoon ground mustard, ¼ cup salt, 2 onions chopped fine; boil 3 hours; then to each quart of juice add I pint cider vinegar and boil ½ hour longer; bottle hot.

#### TOMATO CATSUP WITHOUT VINEGAR.

Catsup made by the following recipe, provided the directions are followed exactly, will keep perfectly, and it certainly could not be nicer. Scald and peel I peck of perfectly ripe, sound tomatoes, and mash them up thoroughly as if for stewing; season with salt to your taste, I teaspoon finely pounded black pepper, ½ teaspoon cayenne pepper, I tablespoon each of cracked (not pounded) mace, allspice and cloves, 3 large onions thinly sliced and minced fine; put it in a porcelain-lined kettle and set it on the stove to boil. When the tomatoes are thoroughly done, remove the kettle from the fire, and rub the catsup through a seive to get out the seeds and pieces of spice.

Return it to the kettle when strained and let it boil until it is as thick as cream. Let it get perfectly cold and put it in clean, sweet bottles; pint bottles are best. Fill the bottles to within ½

inch of the cork, pour into each I teaspoon salad oil, cork tight with new, sound corks, pressing the cork in until it refuses to go in further; with a sharp knife cut it off level with the neck of the bottle and seal all over the cork and down for an inch on the neck of the bottle with canning wax put on boiling hot. Lay the bottles away on their sides in a cool, dry, dark place.

### WALNUT CATSUP.

Take the fresh green shell from 200 walnuts when they are ripe enough to shell; lay them in a deep pan, sprinkling each layer with salt, let them stand a week, stirring them each day with a wooden spoon; then strain through a sieve and measure the liquor into a sauce-pan and to each pint of liquor add ¼ ounce bruised ginger, ¼ ounce mace, and a small piece of garlic. Boil these together 20 minutes, set to cool and bottle for use.

# SAUCES.

### ASPARAGUS SAUCE.

One dozen heads asparagus, 2 cups drawn butter, 2 eggs, the juice of ½ lemon, salt and white pepper; boil the tender heads in a very little salted water; drain and chop them; have ready 1 pint drawn butter, with 2 raw eggs beaten into it; add the asparagus, and season, squeezing in the lemon-juice last; the butter must be hot, but do not cook after putting in the asparagus heads. This accompanies boiled fowls, stewed fillet of veal, or boiled mutton.

# ASPIC JELLY.

One and one-half pints clear stock—beef, if for amber jelly, and chicken or veal for white; ½ box gelatine, the white of I egg, ½ cup cold water, 2 cloves, I large slice onion, I2 pepper-corns, I stalk celery, salt; soak gelatine 2 hours in the cold water; then put on with other ingredients, the white of the egg being beaten with I spoon of the cold stock; let come to a boil, and set back where

it will just simmer for 20 minutes; strain through a napkin, turn into a mold or shallow dish, and put away to harden; the jelly can be made with the bones of the turkey and chicken, by washing them, covering with cold water, and boiling down to about 3 pints, then straining and setting away to cool, and in the morning skimming off all the fat and turning off the clear stock; the bones may, instead, be used for soup.

### ANCHOVY SAUCE.

An easy way of making anchovy sauce is to stir 2 or 3 teaspoons prepared essence or paste of anchovy, which may be bought at your grocer's, into I pint melted butter; let the sauce boil a few minutes, and flavor with lemon-juice.

### BECHAMEL SAUCE.

As white stock is the foundation of this sauce, it must be prepared first; boil down I old fowl, 2 or 3 pounds of the knuckles of veal and 3 of very lean ham, with 4 carrots, 2 onions, I blade mace, some white pepper-corns, 2 tablespoons salt and I ounce butter, in 4 or 5 quarts water; cut up the fowl and veal, and put them with the ham to simmer in a small quantity of water till the juices are extracted; then put in the full quantity of water, about 3½ quarts, to the other ingredients; let the liquid simmer from 4 to 5 hours; skim and strain till clear, when it is ready for the bechamel; mix I tablespoon arrow-root with I pint cream, and when well blended, let it simmer in a carefully-cleaned pan for 4 or 5 minutes; make I pint of the stock hot, and pour it into the cream; simmer slowly for 10 minutes, or until it thickens; if too thick, add a little stock.

#### BREAD SAUCE.

Place I sliced onion and 6 pepper-corns in ½ pint milk, over boiling water, until onion is perfectly soft; pour it on ½ pint bread-crumbs without crust, and leave it covered for I hour; beat it smooth, add pinch salt, and 2 tablespoons butter rubbed in a little flour; add enough sweet cream or milk to make it the proper

consistency, and boil a few minutes; it must be thin enough to pour; serve with duck or any kind of game.

#### BROWN SAUCE.

Melt I tablespoon butter, stir until brown, thicken with a little flour, add ½ pint soup stock, and let boil; season with salt, pepper, ½ teaspoon onion-juice, I tablespoon Worcestershire sauce, and the juice of I lemon; may be served with a fricandeau and garnished with currant jelly.

#### BUTTER SAUCE.

Two tablespoons flour, ½ cup butter, and I pint boiling water; work the flour and butter together until light and creamy, and gradually add the boiling water; stir constantly until it comes to a boil, but do not let it boil; take from the fire and serve. A table-spoon of lemon-juice and a speck of cayenne may be added if you choose; I tablespoon chopped parsley also gives an agreeable change.

### CAPER SAUCE.

Two tablespoons butter, I tablespoon flour; mix well; pour on boiling water until it thickens; add I hard-boiled egg, chopped fine, and 2 tablespoons capers.

### CAULIFLOWER SAUCE.

One small cauliflower, 3 tablespoons butter, cut in bits and rolled in flour, I onion, I small head celery, mace, pepper and salt, I cup water, I cup milk or cream; boil the cauliflower in 2 waters, changing when half done, and throwing away the first, reserve I teacup of the last; take out the cauliflower, drain and mince; cook in another sauce-pan the onion and celery, mincing them when tender; heat the reserved cup of water again in a sauce-pan and add the milk; when warm put in the cauliflower and onion, the butter and seasoning, coating the butter thickly with flour, boil until it thickens; good with corned beef or mutton.

#### CELERY SAUCE.

Put 2 ounces butter into a sauce-pan, melt it, and add 2 heads celery cut into inch pieces; stir the celery in the pan till it is quite tender; add salt and pepper, with a little mace; mix I tablespoon flour in I cup stock and simmer ½ hour; I cup of cream may be used instead of stock.

### CHILI SAUCE.

Boil 24 ripe tomatoes, 3 small green peppers, or ½ teaspoon cayenne, I onion cut fine, ½ cup sugar; when thick, add 2 cups vinegar; strain the whole, set back on the fire and add I tablespoon salt, and I teaspoon each of ginger, allspice, cloves and cinnamon; boil 5 minutes; seal in glass bottles.

# CHILI SAUCE, NO. 2.

Twelve large ripe tomatoes, 4 small green peppers, 2 large onions, 2 teaspoons salt, 4 tablespoons brown sugar, 3 cups vinegar, 1 teaspoon each of cloves, cinnamon, nutmeg, and ginger. Chop all fine and cook until very thick.

### CREAM SAUCE.

Heat I tablespoon butter in a skillet, add I teaspoon flour, and stir until perfectly smooth, then add gradually I cup cold milk, let boil up once, season to taste with salt and pepper, and serve. This is very nice for vegetables, omelets, fish or sweetbreads.

### CUCUMBER SAUCE.

Take 3 young cucumbers, slice them rather thickly, and fry them in a little butter till they are lightly browned; dredge them with pepper, salt, and grated nutmeg, and simmer them till tender in as much good brown gravy as will cover them. White sauce or melted butter may be substituted for the gravy if these are more suitable to the dish with which the cucumber sauce is to be served. Time, about ½ hour to simmer the cucumbers.

### GRATED CUCUMBERS.

Pare and halve full grown cucumbers, take out the seeds and grate the cucumber, straining and pressing the pulp until much of

the water is exhausted. but not quite all, season highly with pepper and salt, mix thoroughly with vinegar and put up in small bottles, filled to the brim, and containing just enough to use at one time; seal the corks. When unsealed the fragrance is that of freshly cut cucumbers.

#### CHUTNEE.

One and one-half pounds Demerara sugar, ½ pound salt, ½ pound small onions, I pound raisins, ½ pound mustard seed, ¼ pound powdered ginger, I ounce garlic, 3 pints vinegar, ¼ ounce cayenne, 16 large tart apples. Wash and dry the mustard seed; shred and pound the onions and garlic; peel, core, and boil the apples in the vinegar, and pass them through a colander; chop the raisins; mix all the ingredients well together and place in air-tight bottles.

### CRANBERRY SAUCE.

Pick the berries over carefully, rejecting all that are soft or injured; stew in a granite or porcelain preserving-kettle, and, when nearly done, add sugar in the proportion of 2 cups to I quart berries; boil for 5 or 10 minutes longer. In this way you will have a nice, richly-colored jelly-sauce.

### CURRY POWDER.

One of the finest condiments ever prepared, and this is one of the best recipes. Six ounces turmeric, 8 ounces coriander seed, 4 ounces black pepper, 2 ounces fenugreek, ½ ounce cayenne pepper, 2 ounces ginger, ½ ounce cummin seed, all ground fine and bottled for use.

### EGG SAUCE.

Three ounces butter, beaten with I ounce flour; stir into it I pint boiling water; salt and pepper; cook I5 minutes; pour into sauce-boat, having hard-boiled eggs, sliced or chopped, in it.

# EGG SAUCE, NO. 2.

Take the yolks of 2 eggs, boiled hard; mash them with I tablespoon mustard, a little pepper and salt, 3 tablespoons vinegar, and 3 of salad oil. A tablespoon of catsup improves this for some. This sauce is very nice for boiled fish.

### FISH SAUCE.

One-quarter pound fresh butter, I tablespoon finely-chopped parsley, a little salt and pepper, and the juice of 2 lemons; cream the butter; mix all well together.

### FISH SAUCE, NO. 2.

The yolks of 3 eggs, I teaspoon vinegar, 1/4 pound butter, a little salt; stir over a slow fire until it thickens.

### HOLLANDAISE SAUCE.

For I pint: I tablespoon salt, same of butter and flour; put them in a sauce-pan and put over the fire, and stir until the butter is melted; add gradually I pint hot water, about ½ cup at a time, and stir each time for a minute while it is boiling; season with white pepper, nutmeg, and make sure it is cooked. One great difficulty with sauces is they are raw. This makes the "White Sauce," which is the basis of many sauces. For "Hollandaise," add the yolks of 2 or 3 eggs, I tablespoon lemon-juice or vinegar, 2 tablespoons salad oil; these may be added by putting them together in a separate dish and dipping a few spoons of the white sauce upon them and stirring thoroughly, and then pouring back into the sauce; in this consistency the sauce makes a fine dressing for lobster or chicken salad. This sauce is suitable for any kind of boiled fish.

### HOT SOUR APPLE SAUCE.

Pare and quarter the early sour apples and put to cook with just sufficient water to keep from burning; when done, add only enough sugar to take off the flat taste, then put through a sieve into a vegetable dish; grate a very little nutmeg on the top and serve with roast pork.

### HOT SAUCE FOR MEATS.

Four onions, 2 cups sugar, 32 medium tomatoes, 1 quart vinegar, 4 peppers, 2 tablespoons salt, 2 tablespoons cinnamon, 2 tablespoons cloves, 3 tablespoons red pepper; cook, strain and bottle.

#### HORSE-RADISH SAUCE.

Two teaspoons made mustard, 2 of white sugar, ½ teaspoon salt and 1 gill vinegar; mix and pour over grated horse-radish. Excellent with beef.

### ITALIAN SAUCE.

Fry 2 tablespoons chopped shallots or onions in 2 ounces butter until brown; add I pint chopped mushrooms, I ladle strained tomato sauce, some chopped parsley and the juice of ½ lemon; thicken slightly, darken with a few drops soy, and pour around the timbales before serving.

#### LOBSTER SAUCE.

One small lobster,4 tablespoons butter, 2 of flour, I-5 teaspoon cayenne, 2 tablespoons lemon-juice, I pint boiling water. Cut the meat into dice; pound the "coral" with I tablespoon butter; rub the flour and the remainder of the butter to a smooth paste; add the water, pounded "coral," butter, and the seasoning; simmer 5 minutes, and then strain on the lobster; boil up once, and serve. This sauce is for all kinds of boiled fish.

#### MINT SAUCE.

Take fresh, young mint, strip leaves from stems, wash, drain on a sieve, or dry them on a cloth; chop very fine, put in a saucetureen, and to 3 heaped tablespoons mint add 2 of pounded sugar; let remain a few minutes well mixed together, and pour over it gradually 6 tablespoons good vinegar. If members of the family like the flavor, but not the substance of the mint, the sauce may be strained after it has stood for 2 or 3 hours, pressing it well to extract all the flavor. It is better to make the sauce an hour or two before dinner, so that the vinegar may be impregnated with the mint. The

addition of 3 or 4 tablespoons of the liquor from the boiling lamb is an improvement.

Mint, when used in recipes, usually means "spearmint" or "green mint," though pennyroyal and peppermint are of the same family.

## BROWN MUSHROOM SAUCE.

One pint of stock, 2 cloves, I small slice each of turnip, carrot, and onion, 3 tablespoons butter, 2 of flour, ½ can mushrooms, or I-8 pound of the fresh vegetable. Cut the mushrooms in small pieces, and fry in the butter with the cloves until brown; add the flour, and stir until dark brown; then gradually add the stock; chop the mushrooms, stir into the sauce, and simmer ½ hour; rub through the sieve.

This sauce is to be served with any kind of roasted, broiled, or braised meats. It is especially nice with beef.

### WHITE MUSHROOM SAUCE.

Make a mushroom sauce like the first, using I cup white stock and I cup cream, and cooking the butter only until smooth; do not let it become browned.

### MADE MUSTARD.

Pour a very little boiling water over 3 tablespoons mustard; add I saltspoon salt, I tablespoon olive oil, stirred slowly in, and I tablespoon sugar; add the yolk of I egg; beat well together, and pour in vinegar to taste. It is best eaten next day.

### MAYONNAISE SAUCE.

A mixture of egg yolks, oil, vinegar or lemon-juice. The principal point to be attended to in preparing this sauce is the mode of mixing, which demands time, patience and care. Break the yolk of I fresh egg into a bowl with I saltspoon pepper and salt mixed; beat it till thick, then add from time to time during the mixing, 2 or 3 drops best olive oil until about 4 ounces have been used and the mixture is thick and yellow; when 8 teaspoons of oil have

been used, stir in I teaspoon white wine vinegar, and continue adding oil and vinegar in these proportions until all the oil is used. The yolk of I egg would be sufficient for I pint of oil and vinegar in proportion. The addition of a few drops of lemon-juice makes mayonnaise look creamy. Mayonnaise will keep a long time if bottled closely and kept in a cool place.

# MAYONNAISE SAUCE, NO. 2.

The yolks of 2 eggs, 6 tablespoons salad oil, 4 tablespoons vinegar, salt and white pepper to taste, and 3 tablespoons sweet cream. Beat the yolks of the eggs thoroughly, season with pepper and sait, then add alternately a few drops at a time of the vinegar and oil, beating all the time, as herein consists the secret of having a nice sauce; when the vinegar and oil are well incorporated with the eggs, add the cream, stirring all the time, and it will then be ready for use. For a fish mayonnaise, this sauce may be colored with lobster eggs, pounded; and for poultry or meat a little parsley-juice will add to its appearance.

# MELTED OR DRAWN BUTTER.

Cut 2 large spoons butter into small pieces and put into a sauce-pan with 1 tablespoon flour, and 10 of new milk. When thoroughly mixed add 6 tablespoons water; shake it over the fire until it begins to simmer, shaking it always the same way; then let it stand quietly and boil up; it should be of the consistency of rich cream, and not thicker.

# MAITRE D'HOTEL BUTTER.

Knead together, on a plate with the point of a knife, equal quantities of chopped parsely and fresh butter; add pepper, salt and a little lemon-juice; keep in a cool place. When a dish is said to be a la Maitre d'Hotel it is generally served with this butter.

# MAITRE D'HOTEL SAUCE.

Melt 2 ounces fresh butter in a small enameled sauce-pan, and stir to it, by degrees, 2 tablespoons flour; continue stirring 5 or 10

minutes, until the butter and flour are well blended, when add, also by degrees, ¼ pint boiling cream and ¼ pint good veal stock, also boiling; add a few spoons of each at a time and stir well, allowing the sauce to simmer I or 2 minutes between each addition; when perfectly smooth, put in the strained juice of I lemon, or, if preferred, I tablespoon Chili vinegar, a little pepper, I pinch salt, and I tablespoon chopped parsley. The yolks of 2 eggs are a great improvement to this sauce, and are almost necessary when it is served with fish; but in that case only half the quantity of flour should be used, as the eggs help to thicken it.

### OLIVE SAUCE.

Two dozen queen olives, I pint rich stock, the juice of I lemon, 2 tablespoons salad oil, I of flour, salt, pepper, I small slice onion; let the olives stand in hot water ½ hour, to extract the salt; put the onion and oil in the stew-pan, and as soon as the onion begins to color add the flour; stir until smooth, and add the stock; set back where it will simmer; pare the olives, round and round, close to the stones, and have the pulp in a single piece. If this is done carefully with a sharp knife, in somewhat the same way that an apple skin is removed whole, the olives will still have their natural shape after the stones are taken out; put them in the sauce, add the seasoning, and simmer 20 minutes; skim carefully, and serve. If the sauce is liked thin, half the amount of flour given can be used. This sauce is for roast ducks and other game.

### OYSTER SAUCE.

Prepare some nice drawn butter; scald the oysters in a little water and mix them with the butter; mix well and let the sauce come nearly to a boil, after which serve with oyster crackers.

# PIQUANT SAUCE.

Dissolve I½ ounces butter in a small sauce-pan over a moderate fire; throw in I tablespoon chopped onions, and stir them about for 2 minutes, sprinkle I teaspoon flour over them, and beat it with

a wooden or iron spoon to prevent it from getting into lumps; add ½ pint stock or broth, I small bunch parsley, I sprig thyme, I bay leaf, and ¼ teaspoon cayenne; simmer gently for 20 minutes, then lift out the herbs, pour in ½ wineglass vinegar, and add a little pepper and salt if required; let all boil up together and serve.

### PARSLEY SAUCE.

Wash I bunch parsley in cold water, then boil it about 6 or 7 minutes in salt and water; drain it, cut the leaves from the stalks, and chop them fine; have ready some melted butter, and stir in the parsley; allow 2 small tablespoons leaves to ½ pint butter. Serve with boiled fowls and fish.

### PEPPER SAUCE.

Take 25 peppers, without the seeds, cut them pretty fine, then take more than double the quantity of cabbage, cut like slaw, I root of horseradish, grated, I handful salt, rather more than I tablespoon mustard seed, I tablespoon cloves, the same of allspice, ground; simmer a sufficient quantity of vinegar to cover it, and pour over it, mixing it well through.

### SHRIMP SAUCE.

Cream together ½ pound fine sweet butter with 3 ounces flour, and a pinch of salt; add 1 pint boiling water and stir constantly in a double boiler, until it boils, to cook the flour. Remove from the fire and stir in 2 tablespoons cream or condensed milk; then add ½ pint pickled shrimps, shelled. The shrimps may be chopped if preferred, but the sauce is better without. Garnish with shrimps and parsley.

#### TARTARE SAUCE.

The yolks of 2 uncooked eggs, ½ cup oil, 3 tablespoons vinegar, I teaspoon mustard, I teaspoon sugar, ¼ teaspoon pepper, I teaspoon salt, I teaspoon onion-juice, I tablespoon chopped capers, I tablespoon chopped cucumber pickles; make the same as

mayonnaise dressing; add the chopped ingredients the last thing. This sauce can be used with fried and broiled meats and fish, and with meats served in jelly.

### TOMATO SAUCE.

Stew ½ dozen large tomatoes with 3 cloves, I sprig parsley, pepper and salt, strain; put I ounce butter in a sauce-pan over the fire; when it bubbles add I tablespoon flour, stir, mix and cook done; add the tomato pulp, stir smooth and thin with 4 tablespoons soup stock. Serve hot with the fish cutlets.

# TOMATO SAUCE, NO. 2.

One quart canned tomatoes, 2 tablespoons butter, 2 of flour, 8 cloves and I small slice onion; cook the tomato, onion and cloves IO minutes; heat the butter in a small frying-pan, and add the flour; stir over the fire until smooth and brown, and then stir into the tomatoes; cook 2 minutes, season to taste with salt and pepper, and rub through a strainer fine enough to keep back the seeds. This sauce is nice for fish, meat, and macaroni.

### TOMATO SAVORY.

Four pounds tomatoes, I pint vinegar, 2 pounds sugar, cinnamon, cloves and mace; peel and slice the tomatoes, adding the vinegar, sugar and spices; boil ½ hour and bottle, corking tightly to exclude the air. If not exposed to mold this will keep for years in a dry closet.

#### VINAIGRETTE SAUCE.

One teaspoon white pepper, I teaspoon salt, ½ teaspoon mustard, I cup vinegar, I tablespoon oil; mix the salt, pepper and mustard together, then very slowly add the vinegar, and, after mixing well, add the oil. The sauce is to be eaten on cold meats or on fish.

#### WHITE SAUCE.

Cut up 1/4 pound best fresh butter in an enameled sauce-pan; melt it slowly over a moderate fire, shaking it round frequently

and skimming it well; when the surface is perfectly free from scum allow it to settle for a few minutes, then pour it off from the sediment at the bottom; carefully rinse out the saucepan, return the melted butter to it and again place it over the fire; then dredge in gradually sufficient flour to make it very thick and smooth, stirring it well after each addition of flour; do not allow it to brown in the slightest degree, but keep it perfectly white to the last, simmering but not actually boiling, and be extremely guarded against smoke. To thicken white soups or sauces, stir in I or 2 tablespoons of this, which takes the place of cream.

# CHAPTER XX.

SOUPS.

SOUPS.

There are three kinds of soups—clear soup, thick soup and purees. A purce is made by rubbing the ingredients of which it is composed through a sieve. A thick soup is stock thickened by the addition of various thickening ingredients. These soups are best suited to the winter season. Clear soup is thin and bright, and adapted for use in the summer months, In making soup it is most important that every culinary article used should be perfectly clean. The inside of the covers of sauce-pans, the rims and the handles particularly require attention. The lid of the saucepan should never be removed over a smoky fire. The meat used should be freshly killed, and should be as lean as it can be procured; it should never be washed. The bones should be broken up into small pieces. Cold water should be put upon fresh meat and bones; boiling water (a small quantity at a time) upon meat or vegetables that have been fried or browned. As it is very important that no fatty particles should be left to float on the surface of the soup, this should be made, if possible, the day before it is wanted, so that the fat may be removed after it has grown cold. Soup should be simmered very softly till it is done enough. A large fire and quick boiling are the great enemies of good soup. In flavoring soup, the cook should be careful to add the seasoning ingredients in moderation and graduually, especially such things as garlic, onions, shallots, spices, herbs, salt and cayenne. An overdose of salt has spoiled many a dish of soup, while a deficiency thereof has again and again nullified the effect of the most delicate combination of flavors. As a general rule, 2 ounces of salt will suffice for a gallon of soup stewed with large quantities of vegetables; 11/2 ounce only will be needed if the vegetables are omitted, or if a small quantity only is used. It

should be remembered that salt and all seasonings can be added when they cannot be taken out. For flavoring purposes, aromatic seasoning of herbs, and spices, and herb-powders for flavoring soups, will be found of great use. Whatever ingredients are added to soup, whether farinaceous articles, such as rice, vermicelli, macaroni, etc., or vegetables, all should be partially boiled in plain water before they are put into the liquor. This will insure their being perfectly clean and bright. The flavor of rich brown soups will be brought out better if a small piece of sugar be added to it. This must not be used for white soups. Cream or milk, when put with soups, should be boiled separately, strained, and added boiling. If, instead of cream, milk and the yolk of an egg are used, the egg must on no account be boiled in the liquor. Either it must be mixed thoroughly with a little of the soup which has cooled for a minute, then be stirred into the rest, or, better still, it must be put into the soup tureen, a spoonful of the soup mixed with the milk stirred into it, and the rest added gradually. If soups are to be kept for a few days they should be boiled up every day, according to the state of the weather, put into freshly scalded dry earthenware crocks or pans and kept in a cool place; cover with a piece of gauze. Soup should never be kept in metal vessels.

### STOCK.

Stock is the basis of all meat sauces, soups and purees. It is really the juice of meat extracted by long and gentle simmering, and in making it, it should be remembered that the object to be aimed at is to draw the goodness of the material out into the liquor. It may be prepared in various ways, richly and expensively, or economically. All general stock, or stock which is to be used for miscellaneous purposes, should, should be simply made, that is, all flavoring ingredients should be omitted entirely until its use is decided upon; the stock will then keep longer than it would do if vegetables, herbs and spices were broiled in it, besides which the flavoring can be adapted to its special purpose. To insure its keeping, stocks should be boiled and skimmed every day in summer, and every other day in winter. The pan and lid used in making it

should be scrupulously clean. A tinned iron pan is the best for the purpose. Those who wish to practice economy should procure a digester, which is a kind of stock-pot made with the object of retaining the goodness of the materials, and preventing its escape by steam, when ready stock should be kept in an earthenware vessel, and never allowed to cool in a metal pan. Before being used, skim off all fat. Excellent stock is constantly made with the bones and trimmings of meat and poultry, with the addition or not of a little fresh meat, or a portion of extract of meat. In a house where meat is regularly used, a good cook will never be without a little stock. Broken remnants of all kinds will find their way to the stock-pot, and will not be thrown away until, by gentle stewing, they have been made to yield to the utmost whatever of flavor and goodness they possessed. When fresh meat is used, it is better for being freshly killed. The liquor in which fresh meat has been boiled should always be used as stock.

# STOCK FOR CLEAR SOUPS.

Five pounds clear beef, cut from the lower part of the round, 5 quarts cold water. Let come to a boil slowly, skim carefully, and set where it will keep just at the boiling point for 8 or 10 hours. Strain, and set away to cool. In the morning skim off. all the fat and turn the soup into the kettle, being careful not to let the sediment pass in. Into the soup put 1 onion, 1 stalk celery, 2 leaves sage, 2 sprigs parsley, 2 of thyme, 2 of summer savory, 2 bay leaves, 12 pepper-corns and 6 whole cloves. Boil gently from 10 to 20 minutes; salt and pepper to taste. Strain through an old napkin. This is now ready for serving as a simple clear soup, or for the foundation of all kinds of clear soups.

### GLAZE.

Boil 4 quarts consomme (see "Consomme" in glossary) rapidly until reduced to I quart; turn into small jars, and cool quickly. This will keep for a month in a cool, dry place. It is used for soups and sauces and for glazing meats.

### FRENCH PASTE FOR SOUPS.

A preparation for flavoring and coloring soups and sauces comes in small tin boxes. In each box there are 12 little squares, which look very much like chocolate caramels. One of these will give 2 quarts soup the most delicious flavor and a rich color. The paste should not be cooked with the soup, but put into the tureen, and the soup poured over it; and as the soup is served, stir with the ladle. If you let it boil with the clear soup the flavor will not be so fine and the soup not so clear. It may be used with any dark or clear soup, even when already seasoned.

### WHITE STOCK.

Six pounds of a shin of veal, I fowl, 3 tablespoons butter, 4 stalks celery, 2 onions, I blade of mace, I stick cinnamon, 8 quarts cold water, salt, pepper; wash and cut the veal and fowl into small pieces; put the butter in the bottom of the soup pot and then put in the meat with ½ pint of the water; cover and cook gently (stirring often) ½ hour, then add the water; let it come to a boil, then skim and set back where it will boil gently for 6 hours; add the vegetables and spice, and boil I hour longer; strain and cook quickly; in the morning take off all the fat; then turn the jelly gently into a deep dish, and with a knife scrape off the sediment which is on the bottom; put the jelly into a stone pot and set in a cold place. This will keep I week in cold weather and 3 days in warm.

#### GREEN TURTLE SOUP.

One can of green turtle, such as is put up by the "Merriam Packing Co." Separate the green fat from the other contents of the can, cut into dice, and set aside; put I quart water with the remainder of the turtle; add 12 pepper-corns, 6 whole cloves, 2 small sprigs each of parsley, summer savory, sweet marjoram and thyme, 2 bay leaves, 2 leaves sage; have the herbs tied together; put I large onion, I slice of carrot, I of turnip, and I stalk celery, cut fine, into a pan, with 2 large tablespoons butter; fry 15 minutes, being careful not to burn; skim carefully from the butter and

put into the soup. Now, into the butter in which the vegetables were fried put 2 tablespoons dry flour, and cook until brown; stir into the soup; season with salt and pepper, and let simmer very gently I hour; strain, skim off all the fat, and serve with thin slices of lemon, egg or forcemeat balls, and the green fat; the lemon should have a very thin rind; should be put into the tureen and the soup poured over it; cooking the lemon in this or any other soup often gives it a bitter taste; if the soup is wished quite thick, add I tablespoon butter to that in which the vegetables were cooked, and use 3 tablespoons flour instead of 2; many people use wine in this soup, but it is delicious without; in case you do use wine there should not be more than 4 tablespoons to this quantity; if you desire the soup extremely rich, use I quart rich soup stock; the green turtles are so very large that it is only in great establishments that they are available, and for this reason a rule for preparing the live turtle is not given. Few housekeepers would ever see one. The cans contain not what is commonly called turtle soup, but the meat of the turtle, boiled, and the proper proportions of lean meat, yellow and green fat put together. They cost 50 cents each, and a single can will make soup enough for 6 persons.

### THICKENING FOR SOUP.

Put into a sauce-pan ½ pound butter; when hot, stir into it ½ pound very dry flour; stir this over the fire till a delicate brown, taking care that it does not burn. One large tablespoon thickens I quart soup. This thickening will keep a long time.

#### SOUP FLAVORING.

Take I ounce each of nutmeg and mace, 2 ounces each of white pepper and cloves, I ounce each of sweet basil, marjoram and thyme, ½ ounce bay leaves; first roughly pound the spices and dried herbs, then place between 2 sheets paper, fold tightly, and put in a warm place to dry; then pound quickly, put through a sieve, put in bottles, cork, and set away for use; I teaspoon of the mixture will season I gallon soup; a pinch added to gravy or hash will give a delightful flavor.

### CLEAR AMBER SOUP.

Put a 2-pound beef bone, I chicken and a slice of ham on to boil in a soup-kettle in I gallon cold water; let boil slowly for 4 hours; mince and fry I onion in I tablespoon butter, add it to the soup with a sprig of parsley, ½ small carrot, ½ parsnip, I stalk celery, 3 whole cloves, pepper and salt; boil I hour, then strain the soup and let stand over night; next day remove the fat from the top, take up the jelly, carefully avoiding the settlings, and mix with the whites and shells of 2 eggs; boil quickly I minute; skim carefully, strain through a bag until clear; color by adding I tablespoon caramel; heat just before serving.

### ASPARAGUS SOUP.

Select about 2 dozen good asparagus stalks; boil these thoroughly in enough water to cover them; ¼ of an onion boiled with the asparagus is an improvement; when tender, take the asparagus out of the water, saving the water, and removing the onion; cut the asparagus into small pieces, of course only the tender part, and put them in a mortar, adding a little of the water; must be pounded until perfectly smooth; now take I dessertspoon sifted flour, a bit of butter as big as an egg, and a very little pulverized sugar; mix well, and then put on the fire until it melts, stirring all the time; add this to the pounded asparagus and the rest of the water; when it has boiled a few minutes, mix the yolk of I egg with I tumbler cream, and add this; if properly made, it wants no straining; use salt and pepper to taste, and a very little nutmeg; I stalk asparagus may be left, which may be cut in thin slices, and added last.

### BOUILLON.

Four pounds beef, chopped fine at the butcher's, 4 quarts cola water; put the beef on in the cold water, and let it take at least I hour to come to a boil; cook very slowly, simmering at the side of the stove, and never boiling hard; keep this up 4 or 5 hours, until this water is reduced to about 2 quarts; let the meat get cold in the liquor; all this should be done the day before it is to be used;

next day remove the grease and strain the liquor through a thick cloth, squeezing every drop of moisture from the shreds of beef; put the liquor on the stove, bring to a boil, and stir in the white and shell of I egg; boil about 2 minutes, and strain the soup once more; the result will be a clear, amber-colored fluid; if desired, this may be darkened by the addition of a little caramel; of course, the bouillon may be made weaker, but these directions will, if followed exactly, produce most satisfactory results; 2 quarts will prove enough for 16 or 18 medium-sized teacups, or for 20 after-dinner coffeecups.

### BEAN SOUP.

Soak 1½ pints beans in cold water over night; in the morning drain off the water, wash the beans in fresh water, and put them in a soup-kettle with 4 quarts good beef stock, from which all the fat has been removed; set it where it will boil slowly but steadily until dinner, or 3 hours at the least; 2 hours before dinner slice in 1 onion and 1 carrot; some think it improved by adding a little tomato; if the beans are not liked whole, strain through a colander and send to the table hot.

### CREAM-OF-BARLEY SOUP.

One teacup barley, well washed, 3 pints chicken stock, I onion, and a small piece each of mace and cinnamon; cook slowly together 5 hours, then rub through a sieve, and add I ½ pints boiling cream or milk; if milk, add also 2 tablespoons butter; salt and pepper to taste; the yolks of 4 eggs, beaten with 4 tablespoons milk, and cooked I minute in the boiling milk or cream, makes the soup very much richer.

### BEEF SOUP.

Take the cracked joints of beef, and after putting the meat in the pot and covering it well with water, let it come to a boil, when it should be well skimmed. Set the pot where the meat will simmer slowly until it is thoroughly done, keeping it closely covered all the time. The next day, or when cold, remove the fat which

hardens on the top of the soup. Peel, wash and slice 3 good-sized potatoes and put them into the soup; cut up 1/2 head white cabbage in shreds, and add to this I pint green corn, 2 onions, I head celery and tomatoes if desired. When these are done, and they should simmer slowly, care being taken that they do not burn, strain (or not as preferred) the soup and serve. The different varieties of beef soup are formed by this method of seasoning and the different vegetables used in preparing it, after the joints have been well boiled. Besides onions, celery, cabbage, tomatoes and potatoes, many use a few carrots, turnips, beets and forcemeat balls seasoned with spice; rice or barley will give the soup consistency, and are to be preferred to flour for the purpose. Parsley, thyme and sage are the favorite herbs for seasoning, but should be used sparingly. To make forcemeat balls, add to I pound chopped beef, I egg, I småll lump butter, I cup or less bread-crumbs; season with salt and pepper, and moisten with the water from stewed meat; make in balls and fry brown, or make egg-balls by boiling eggs, mashing the yolks with a silver spoon, and mixing with I raw yolk and I teaspoon flour; season with salt and pepper, make into balls, drop in soup just before serving.

### BEEF SOUP WITH MACARONI.

Remove the fat from the stock in which the beef was boiled and strain it into the soup-pot; break I cup macaroni into pieces about I inch long, and cook them tender in boiling water. Drain and add to the soup when it is scalding hot, let them boil together 15 minutes, and serve.

#### BROWN SOUP.

For 2 quarts water use a 3- or 4-pound soup-bone; break bone and cut meat in small pieces. Slice I turnip, I carrot, a sprig of parsley and I small stalk celery; to these ingredients, reserving part of the meat, add 2 quarts water, 3 cloves, 3 pepper corns and I dessertspoon salt. Fry 3 onions in a little butter till a rich brown; add these to the soup mixture. Then brown the reserved meat in the same pan and add it; let this stand for I hour or more, or, in

cool weather, it may be prepared at night and put on the stove to cook in the morning. Simmer slowly, adding more water as necessary; strain, add I cup strained tomato, and thicken with I tablespoon flour and I of butter browned together; if desired browner add caramel.

### CABBAGE SOUP.

Put into your soup kettle 2 pounds sweet bacon or pork that has not been too long in salt; add, if you like, a bit of knuckle of veal, or mutton, or beef, or all three; skim well as they come to a boil. Shred into a pail of cold water the hearts of I or 2 cabbages, some carrots, turnips, celery and leeks; when the soup boils, throw all these in; when the vegetables are tender without falling to pieces, the soup is done. You may thicken with a few mashed, boiled potatoes. Simmer the meat 2 hours before adding the vegetables.

# CELERY SOUP.

One quart veal stock or chicken broth, 1½ pints milk, ¾ teacup rice and 2 heads of celery; look over and wash the rice, put it into the milk and set on the back of the stove, where it will just simmer; grate the roots and white part of the celery and add to the milk; cook until the rice is tender, adding more milk if necessary; when done rub through a sieve and add to the stock, which should have been previously strained; salt and white pepper to taste. This is a most delicious soup.

### CHICKEN SOUP.

Cut up a chicken and break the bones; cook until very tender in 3 quarts water, adding water as it boils away so that when done there will be 3 quarts soup; boil very slowly, and when done remove the meat and bones from the kettle, pour the soup into an earthen dish and let stand until cold, then remove every particle of fat from the stock, pour into a sauce-pan, and set on the stove; have ready ½ cup rice, looked over and washed, which add to the soup; fry in a little butter I small onion, 2 or 3 stalks celery, ½

small turnip, and I carrot, add to the soup and boil slowly I hour; chop the breast of the fowl very fine, add to the soup and rub all through a fine sieve; put back on the fire, add I pint rich milk, I tablespoon butter, pepper and salt to taste; boil up once, and serve; parsley or thyme may be used to flavor this soup without other vegetables; or plain chicken soup or broth may be served with only pepper and salt for seasoning.

### CHICKEN AND SAGO SOUP.

Three pints of liquor, in which a chicken has been boiled, ½ cup German sago, 2 cups milk, 3 eggs, 2 tablespoons minced parsley, pepper and salt; soak the sago 4 hours in enough cold water to cover it, then add it to the liquor, which should have been strained and skimmed, and put over the fire in a farina kettle; heat to boiling, by which time the sago should be dissolved; heat the milk in a separate vessel and pour, scalding hot, on the beaten yolks; add, with a pinch of soda, to the sago broth, season, stir for 5 minutes, and beat in the frothed whites and parsley and turn out.

### CLAM SOUP.

Put 30 clams in a pot with 4 quarts water; let them boil 2 hours and then take them out and chop fine; return to the pot and add a little mace and a few pepper corns; boil I hour longer; rub smoothly together a small piece butter, with 2 tablespoons flour, and stir this with I pint boiling milk; when the clam soup has boiled 3 hours pour it into a tureen and stir in the thickened milk. Canned clams make a nice soup after the above receipt.

### PHILADELPHIA CLAM SOUP.

Twenty-five small clams, I quart milk, ½ cup butter, I table-spoon chopped parsley, 3 potatoes, 2 large tablespoons flour, salt, pepper; the clams should be chopped fine and put into a colander to drain; pare the potatoes and chop rather fine; put them on to boil with the milk, in a double kettle; rub the butter and flour together until perfectly creamy, and when the milk and potatoes

have been boiling 15 minutes, stir this in, and cook 8 minutes more; add the parsley, pepper and salt, and cook 3 minutes longer; now add the clams; cook 1 minute longer and serve. This gives a very delicate soup, as the liquor from the clams is not used.

### CRECY SOUP.

The materials needed for this soup are I quart rich brown stock, I pint carrot, I teaspoon sugar, I teaspoon salt, a little pepper, and I small onion sliced; wash and scrape the carrot; shave off in thin slices I pint of the outer part; do not use the yellow center; cook the carrot with the onion in boiling salted water until tender; rub the carrot through a colander, add the stock, and heat again; add the sugar, salt and pepper, and when hot serve immediately with croutons.

### CORN SOUP.

Cut the corn from the cob, and boil the cobs in water for at least I hour, then add the grains, and boil until they are thoroughly done; put 12 ears corn to I gallon water, which will be reduced to 3 quarts by the time the soup is done; then pour on I pint new milk, 2 well-beaten eggs, salt and pepper to your taste; continue the boiling a while longer, and stir in, to season and thicken it a little, I tablespoon good butter rubbed up with 2 tablespoons flour. Corn soup may also be made nicely with water in which I pair grown fowls have been boiled or parboiled, instead of having plain water for the foundation.

### DRIED CORN SOUP.

Soak I cup dried sweet corn over night; the next forenoon add water, a small piece of salt pork, and a bit of red pepper; cook till the corn is tender; ½ hour before dinner make a batter of I egg, a little milk, salt, flour, and a bit of soda; drop from a spoon in little dumplings into the soup; remove the pork, and serve as soon as the dumplings are done; this soup may be made of canned corn.

### CURRY SOUP.

Remove all fat from the liquor in which the tongue was cooked, season and let it boil  $\frac{1}{2}$  hour with I chopped onion and several

stalks of celery; strain these out and add to the soup ½ cup well-soaked rice; let this cook until tender; 10 minutes before dinner stir in 2 good teaspoons curry powder and let simmer until needed; if this proportion of curry should make the soup too hot for the palates of the family, it may be lessened next time Tastes vary so widely in this respect, that experience is the only reliable teacher.

#### CONSOMME.

Take I pound beef and I of veal; cut in small pieces; put 2 ounces butter in a soup-kettle and melt, put in the meat, and stir over the fire until brown; cover the kettle, remove to the back of the stove, and let simmer gently 25 minutes; pour over 2 quarts cold water, and let simmer 3 hours; now add I onion chopped, a sprig of parsley, I stalk of celery, I small-sized carrot, and I small potato, all chopped, let boil slowly I hour longer, and strain; put in a cool place; when ready to serve, take off the fat, heat the soup, season with salt, pepper, and a very little lemon-juice; if desired, color with caramel.

#### EGG SOUP.

Boil a leg of lamb about 2 hours in water enough to cover it; after it has boiled about 1 hour and when carefully skimmed, add ½ cup rice, and pepper and salt to taste. Have ready in your tureen 2 eggs well beaten; add the boiling soup, a little at a time, stirring constantly. Serve the lamb with drawn butter, garnish with parsley and hard-boiled eggs cut into slices.

#### FISH SOUP.

Select a large, fine fish, clean it thoroughly, put it over the fire with a sufficient quantity of water, allowing for each pound fish I quart water; add I onion cut fine, and I bunch sweet herbs. When the fish is cooked, and is quite tasteless, strain all through a colander, return to the fire, add some butter, salt and pepper to taste; I small tablespoon Worcestershire sauce may be added if liked Serve with small squares of fried bread and thin slices of lemon.

### GIBLET SOUP.

The giblets from 2 or 3 fowls or chickens, any kind of stock, or if there are remains of roast chickens, use these; I large onion, 2 slices carrot, I of turnip, 2 stalks celery, 2 quarts water, I of stock, 2 large tablespoons butter, 2 of flour, salt, pepper. Put the giblets on to boil in the 2 quarts water, and boil gently until reduced to I quart (it will take about 2 hours); then take out the giblets. Cut all the hard, tough parts from the gizzards, and put hearts, livers and gizzards together and chop rather coarse; return them to the liquor in which they were boiled, and add the quart of stock. Have the vegetables cut fine, and fry them in the butter until they are very tender (about 15 minutes), but be careful they do not burn; then add the dry flour to them and stir until the flour browns; turn this mixture into the soup, and season with pepper and salt; cook gently ½ hour and serve with toasted bread. If the chicken bones are used, put them on to boil in 3 quarts water, and boil the giblets with them. When you take out the giblets, strain the stock through a sieve and return to the pot; then proceed as before.

#### GAME SOUP.

The bones, trimmings and remains of cold game, 2 quarts stock, I large carrot, I large onion, I small turnip, 4 heads celery, 4 ounces barley, I gill cream, 3 yolks of eggs. Break the bones and cut the remains of the game into small pieces, and put them into a stew-pan, and pour over them the stock; now add the carrot, onion, turnip and celery, all cut into small dice; let the soup boil, skim it carefully, draw to one side of the fire and let it simmer gently for 2 hours, when strain and skim off the fat; now wash the barley and boil it in a separate sauce-pan until it is done, when drain and put half of the quantity aside; pound the other half with the yolks of the eggs (previously boiled hard); rub the mixture through a fine sieve, moisten with the cream and add it very gradually to the soup. Stir the whole over the fire till it is very hot (do not allow it to boil), add the remainder of the barley and and serve at once.

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## GUMBO SOUP.

Take a piece ham ½ the size of your hand, and a knuckle of veal; put them in a pot with 2 quarts cold water; simmer slowly 2 or 3 hours, then add 2 quarts boiling water; 20 minutes before serving, put in I small can okra and as many oysters as you please; season to taste.

This may be made in the same way with chicken broth.

#### ICED SOUP.

Three-quarters pound veal, I slice lean ham, I onion, 2 bay-leaves, I carrot, I turnip, I head celery, ¼ pint pease, ¼ pint beans, I bunch parsley, 6 cloves, I blade mace.

Stew the veal and ham in I quart water for 6 hours; add the onions, bay-leaves, carrot, turnip, parsley, celery and spice; season with salt and pepper, and stew for 2 hours; keep very clear, strain and skim well. Cut the beans small and boil with the pease in the soup for ½ hour. Cut small balls from the carrot and throw in before serving. Stand the soup in a basin, in a tureen filled with rough ice.

# JULLIENNE SOUP.

Take 3 small carrots, I turnip, I stalk celery and I onion; cut them in pieces I inch long; fry the onion in butter, about half done; add the other vegetables, let fry for a few minutes, season with I teaspoon powdered sugar and a pinch salt, moisten with I gill broth, and cook until reduced to a glaze, then add 2 quarts good rich stock, and set on the back of the stove to simmer slowly; in  $\frac{1}{2}$  hour add a few raw sorrel leaves! when ready to serve, poach some eggs, I for each person, and drop in the bottom of the soup tureen, and pour the soup over.

#### LOBSTER SOUP.

One large lobster; pick all the meat from the shell and chop fine; take I quart milk and I pint water, and, when boiling, add the lobster, nearly I pound butter, salt and pepper to taste, and I tablespoon flour. Boil IO minutes.

# MACARONI, OR VERMICELLI SOUP.

Two small carrots, 4 onions, 2 turnips, 2 cloves, I tablespoon salt; pepper to taste; herbs—marjoram, parsley and thyme; any cooked or uncooked meat; put the soup bones in enough water to cover them; when they boil, skim them and add the vegetables; simmer 3 or 4 hours, then strain through a colander and put back in the sauce-pan to reheat. Boil ½ pound macaroni until quite tender, and place in the soup tureen, and pour the soup over it—the last thing. Vermicelli will only need to be soaked a short time—not boiled.

# MOCK TERRAPIN SOUP.

For the mock terrapin soup, take 1½ pounds calf's liver and put in salt boiling water for ½ hour; add small herbs, ½ dozen grains pepper, I teaspoon cloves, a few slices of onion, carrot, etc.; when the vegetables are done, take them out and mash by putting them through a colander or sieve; make a Spanish sauce of salt pork or bacon, fried enough to get the fat out of it; put into the fat a little slice of onion, a little celery, ½ dozen peppers, ½ cup tomato, and cook brown; take I teaspoon salad oil, yolk of I hardboiled egg, dust of cayenne pepper; roll to paste, and make into small, round balls; put these into Spanish sauce, then put the sauce into the soup; when they come to the top, skim them out; put in the tureen I glass wine and slice of lemon, and pour in the soup; then cut the calf's liver into small bits and add it.

#### MOCK TURTLE SOUP.

Clean a calf's head well and let it stand in salt and water 2 or 3 hours; then soak it in fresh water; put it to boil in cold water, and when sufficiently cooked, separate the meat from the bone; strain the broth, cut the meat in small pieces, and add it to the broth; season with salt and Worcestershire sauce; next take I pound suet, and 2 pounds veal, chopped fine, with sufficient bread crumbs; seasoning as above, make some forcemeat balls and fry them in butter; chop 3 hard-boiled eggs fine, add these and I glass of wine.

# MULLIGATAWNEY SOUP.

One chicken or fowl weighing 3 pounds, 3 pounds veal, 2 large onions, 2 large slices carrot, 4 stalks celery, 3 large tablespoons butter, I tablespoon curry powder, 4 of flour, salt, pepper, and 5 quarts water; take 2 tablespoons of the fat from the opening in the chicken, and put in the soup-pot; as soon as melted, put in the vegetables, which have been cut very fine; let all cook together for 20 minutes, stirring frequently that it may not burn; then add the veal, and cut into small pieces; cook 15 minutes longer, then add the whole chicken and the water; cover, and let it come to a boil; skim, and set back where it will simmer for 4 hours, in the meantime taking out the chicken when it is tender; now put the butter into a small frying-pan, and when hot add the dry flour; stir until a rich brown; then take from the fire and add the curry powder; stir the mixture into the soup, and let it cook 1/2 hour longer; then strain through a sieve, rinse out the soup pot, and return the strained soup to it; add salt and pepper and the chicken, which has been freed from the bones and skin, and cut into small pieces; simmer very gently 30 minutes, skim off any fat that may rise to the top, and serve. This soup is served with plain boiled rice in a separate dish, or with small squares of fried or toasted bread. The rice can be served in the soup if you choose.

# MULLIGATAWNEY SOUP, NO. 2.

Chicken or turkey left from a former dinner, bones and scraps from roast veal, lamb, or mutton, 4 quarts water, 4 stalks celery, 4 tablespoons butter, 4 of flour, I of curry, 2 onions, 2 slices carrot, salt, pepper, and ½ small cup barley; put on the bones of the poultry and meat with the water; have the vegetables cut very fine, and cook gently 20 minutes in the butter; then skim them into the soup pot, being careful to press out all the butter; into the butter remaining in the pan put the flour, and when that is brown add the curry powder, and stir all into the soup; cook gently 4 hours, then season with salt and pepper, and strain; return to the pot, and add bits of chicken or turkey, as the case may be,

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and the barley, which has been simmering  $2\frac{1}{2}$  hours in clear water to cover; simmer  $\frac{1}{2}$  hour, and serve.

## MUTTON SOUP.

Boil a leg of mutton from 2 to 3 hours, and season with salt, pepper and about I tablespoon summer savory rubbed fine; add rice or noodles, as desired.

# MUSHROOM SOUP.

Take a good quantity of mushrooms, cut off the earthy end, and pick and wash them; stew them with some butter, pepper, and salt in a little good stock till tender; take them out, and chop them up quite small; prepare a good stock as for any other soup, and add it to the mushrooms and the liquor they have been stewed in; boil all together, and serve; if white soup be desired, use the white button-mushrooms and a good veal stock, adding I spoon cream or a little milk, as the color may require.

## NOODLE SOUP.

See " Noodles for Soup."

# OX-TAIL SOUP.

Take 2 tails, wash, and put into a kettle with about I gallon cold water and a little salt; skim off the broth; when the meat is well cooked, take out the bones, and add a little onion, carrot and tomatoes; it is better made the day before using, so that the fat can be taken from the top; add vegetables next day, and boil 1½ hours longer.

### ONION SOUP.

Two large Spanish or 3 Bermuda onions, 2 tablespoons butter, 2 quarts soup stock, salt and pepper; peel and chop the onions into dice; put the butter into a frying-pan, and when hot add the onions, and stir until a nice brown; put the stock on to boil; when it boils, skim the onions out of the butter and add them to the stock; let them simmer for 30 minutes, add salt and pepper, and it is ready to serve.

#### OYSTER SOUP.

Two quarts oysters, I quart milk, 2 tablespoons butter, I teacup hot water, pepper, salt; strain all the liquor from the oysters, add the water, and heat; when near the boil, add the seasoning, then the oysters; cook about 5 minutes from the time they begin to simmer, until they "ruffle;" stir in the butter, cook I minute, and pour into the tureen; stir in the boiling milk, and send to table; some prefer all water in place of milk.

# GREEN PEA SOUP.

Four pounds beef, ½ peck green pease; cut the beef into small pieces and boil slowly for 1½ hours; ½ hour before serving add the shelled pease, season with salt and pepper and add a little thickening; strain through a colander before serving.

#### SPLIT PEA SOUP.

Soak in warm water over night I quart split pease; put the soaked pease with ½ pound salt pork cut in thin slices and a cracked beef bone or two, into 4 quarts cold water, add a chopped onion, salt and pepper to taste; strain through a colander, rubbing the peas to a tolerably thick puree; simmer 10 minutes and pour into the tureen, in which has previously been placed a peeled and sliced lemon.

#### POTATO SOUP.

Boil 5 or 6 potatoes, cut into thick slices, and just covered with water, with a small piece of salt pork for ½ hour; press through a colander, and add milk and butter until the paste assumes the consistency of thick cream; cut some dry bread into small dice, toast till crisp, place on the bottom of the tureen, and pour the soup over. A couple of chopped onions may be boiled in the soup.

#### POTAGE A LA REINE.

Three pints veal stock, the bones of a roast chicken, I teacup raw rice, I small onion, I teaspoon salt, 1/4 teaspoon pepper and a

bit of mace; let all boil I hour; in the meantime boil the meat of the chicken ½ hour, pound it to a paste, adding a little of the veal stock and rubbing through a coarse sieve; strain the soup through a sieve, rubbing through the rice; add the chicken and bring to boiling point; at the last moment add I cup hot milk or cream.

#### RABBIT SOUP.

Cut the rabbit into pieces and soak in warm water for 10 minutes, to draw out the blood; put the pieces into a sauce-pan with I quart white broth, or, if you have not this, milk and water; season with salt, and add a few sprigs of parsley; let this simmer slowly until the meat is very tender; strain, pick all the meat from the bones, and chop it as fine as possible; return it to the soup, and set over the fire, adding I cup hot cream, and 2 tablespoons sifted bread-crumbs; a nice change is made by adding either rice, pearl barley, or vermicelli, which must be cooked separately in boiling water or milk, and added to the soup just before serving; small slices of lightly-buttered and well-browned toast should accompany it. This is palatable as well as nourishing.

# CREAM OF RICE.

Wash I pound rice and put in a sauce-pan, with 2 quarts cold water, I onion stuck with 2 cloves, I carrot, salt, and a little white pepper; one small meat bone or I chicken may also be boiled with the other ingredients. These should be boiled for 2 hours, adding enough water from time to time to keep the quantity of soup wanted; then strain the liquor and press the juice through a fine sieve; add I pint boiling milk, I teaspoon butter and mix in the yolks of 2 eggs, when this palatable soup will be prepared.

# SAGO SOUP.

Make a good beef soup, with 2 pounds meat and bone and  $2\frac{1}{2}$  quarts cold water; add I onion, some parsley and carrots and simmer 4 or 5 hours; put in a very little salt. Let the stock, when done, get cold; take off the fat and reheat the soup, putting in I

tablespoon sago to I quart stock; season to taste and add a few drops of lemon-juice.

### SPRING SOUP.

Half a pint green pease, ½ pint cauliflower, I pint turnip, carrot, celery and string beans (all the 4 vegetables being included in the pint), ½ cup tomato, ½ pint asparagus heads, 2 quarts soup stock—any kind will do,—3 tablespoons butter, 3 tablespoons flour and salt and pepper; cook all the vegetables, except the pease and tomato, in water to cover, I hour; cook butter and dry flour together until smooth, but not brown; stir into the stock, which has been heated to the boiling point; now add the tomato and simmer gently 15 minutes; then strain; add the pease and cooked vegetables to the strained soup, and simmer again for 30 minutes. Serve small slices of toasted bread in a separate dish.

# SQUASH SOUP.

Pare 2 small summer squashes and cut them into slices; put them into a sauce-pan, with 2 ounces butter, I onion, sliced, I salt-spoon pepper, I teaspoon salt and ½ pint good stock; cover and simmer for 30 minutes; press the whole through a fine sieve, then add I quart good boiling stock and ½ pint cream; put it in a double boiler, season to taste and, when very hot, pour it into the tureen over the well-beaten yolks of 2 eggs. Serve croutons with it. Very good.

#### SWISS WHITE SOUP.

A sufficient quantity of broth for 6 people; boil it; beat up 3 eggs well, 2 spoons flour, I cup milk; pour these gradually through a sieve into the boiling soup; salt and pepper.

# FRENCH TOMATO SOUP.

Take I quart canned tomatoes or 3 quarts raw ones and place in an earthen vessel; cut into this 2 small onions, boil 2 hours, and strain into I quart beef stock. Before sending to the table thicken with 3 tablespoons corn-starch, adding I teaspoon celery salt, and serve with croutons.

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#### CREAM TOMATO SOUP.

Take a knuckle of veal and a beef bone for soup, boil slowly with some celery for I hour, strain and add I can tomatoes; cook ½ hour; strain again. Mix I tablespoon crackers, powdered, with I cup cream in a bowl, add to it some of the soup, mix thoroughly and pour all back into the pot; boil gently a few minutes and serve.

#### TOMATO SOUP.

One quart tomatoes, I onion, 2 ounces flour, 4 ounces butter, 2 tablespoons sugar, 2 of salt, ½ teaspoon cayenne pepper, 3 pints water, ½ pint milk; boil the tomatoes and onion in water for ¾ hour; add salt, pepper, sugar, butter, and flour; rub smoothly together like thin cream; boil 10 minutes; boil milk separately; when both are boiling, pour the milk into the tomatoes, to prevent curdling. Serve with squares of toasted bread.

# TURKEY SOUP.

Take the turkey bones and boil 3/4 hour in water enough to cover them; add a little summer savory and celery chopped fine; just before serving, thicken with a little browned flour, and season with pepper, salt, and a small piece butter; this is a cheap but good soup, using the remains of cold turkey which might otherwise be thrown away.

# TAPIOCA CREAM SOUP.

One quart white stock, I pint cream or milk, I onion, 2 stalks celery,  $\frac{1}{3}$  cup tapioca, 2 cups cold water, I tablespoon butter, a small piece of mace, salt, pepper; wash the tapioca, and soak over night in cold water; cook it and the stock together very gently for I hour; cut the onion and celery into small pieces, and put on to cook for 20 minutes with the milk and mace; strain on the tapioca and stock; season with salt and pepper, add butter, and serve.

# VEGETABLE SOUP.

Put a piece of pork that is not too fat, and any bones left from roast beef in a soup-kettle with as much water as will be needed

for soup, and set the kettle on the fire; as soon as the water boils, add potatoes, carrots, celery, I onion, and a small Savoy cabbage, all cut in small pieces, and salt to taste; simmer for  $2\frac{1}{2}$  hours, remove the bones and pork, and serve.

# CARAMEL AND BROWNED FLOUR FOR SOUPS.

For caramel, put I teacup sugar and 2 teaspoons water in a sauce-pan over the fire, stir constantly till it is a dark color, then add ½ teacup water and a pinch of salt, let boil for a few moments, take off, and, when cold, bottle. To brown flour, put I pint in a sauce-pan on the stove, and when it begins to color, stir constantly till it is a dark brown, being careful that it does not burn; when cold put away in a tin can or jar covered closely, and keep in a dry place, where it is always ready for soups or gravies; as it requires more of this for thickening than of unbrowned flour, it may be well sometimes to take ½ of each. A few cloves may be stuck in the meat for soup; or it may first be fried in a sauce-pan with a little butter, turning till brown on all sides; or sliced onions may be fried brown and added to soup.

# CROUTONS FOR SOUP.

In a frying-pan have the depth of I inch of boiling fat; also have prepared slices of stale bread, cut up into little ½-inch squares; drop into the frying-pan enough of these bits of bread to cover the surface of the fat; when browned, remove with a skimmer and drain; add to the hot soup, and serve.

# FORCEMEAT BALLS FOR SOUP.

One cup cooked veal or fowl meat, minced; mix with this I handful fine bread-crumbs, the yolks of 4 hard-boiled eggs, rubbed smooth, together with I tablespoon milk; season with pepper and salt; add ½ teaspoon flour, and bind all together with 2 beaten eggs; the hands to be well-floured, and the mixture to be made into little balls the size of a nutmeg; drop into the soup about 20 minutes before serving.

# POACHED EGGS FOR SOUP.

Have ready a stew-pan of boiling water, to which add a little salt and ½ wine glass of white vinegar; place the stew-pan on the side of the fire, so that the water is kept boiling gently; break each egg in a teacup, and let it drop carefully into the water; repeat the operations until there are 4 or 5 eggs in the stew-pan, which withdraw from the fire and keep covered 3 minutes; then take the eggs out with a slice, and put them in a basin of cold water; when about to serve the soup, cut off the superfluous white which adheres to the poached eggs, and warm in a little clear soup; when hot, put them carefully in the soup-tureen; it is, however, preferable to serve the eggs separate, either in a soup-plate or silver dish; as by putting them in the tureen with the soup, the risk is run of having them broken with the soup-ladle.

# EGG BALLS FOR SOUP.

Take the yolks of 6 hard-boiled eggs and ½ tablespoon wheat flour; rub them smooth with the yolks of 2 raw eggs and I teaspoon salt; mix all well together; make it in balls, and drop them into the boiling soup a few minutes before taking it up. Used in "Green Turtle Soup."

# EGG DUMPLINGS FOR SOUP.

To  $\frac{1}{2}$  pint milk put 2 well-beaten eggs, and as much wheat flour with  $\frac{1}{2}$  teaspoon baking powder, as will make a smooth, rather thick batter free from lumps; drop this batter, a tablespoon at a time, into boiling soup.

### NOODLE FOR SOUP.

Add noodles to beef or any other soup after straining; they will cook in 15 or 20 minutes, and are prepared in the following manner: To 1 egg add as much sifted flour as it will absorb, with a little salt; roll out as thin as a wafer, dredge very lightly with flour, roll over and over into a large roll, slice from the ends, shake out the strips loosely and drop into the soup.

# SOUPS WITHOUT MEAT.

# ASPARAGUS SOUP.

Two bundles asparagus, I quart white stock or water, I pint milk, and I of cream if stock is used, but if water use all cream, 3 tablespoons butter, 3 of flour, I onion, salt and pepper; cut the tops from I bunch of the asparagus and cook them 20 minutes in salted water to cover; the remainder of the asparagus cook 20 minutes in the quart of stock or water; cut the onion into thin slices and fry in the butter IO minutes, being careful not to burn; then add the asparagus that has been boiled in the stock; cook 5 minutes, stirring constantly; then add flour and cook 5 minutes longer; turn this mixture into the boiling stock and boil gently 20 minutes; rub through a sieve, add the milk and cream, which has just come to a boil, and also the asparagus heads; season with salt and pepper, and serve; dropped eggs can be served with it if you choose, but they are rather heavy for such a delicate soup.

#### BEAN SOUP.

This soup is usually made with meat, but it is very good without if prepared thus: Soak I quart beans over night in warm water, cook them in the same water in the morning with I small onion; when very soft, rub them through a sieve and return to the kettle; add enough milk to make it as thin as liked, and season with butter, pepper and salt; stir occasionally while it is scalding as it is liable to scorch; when it boils up it is done; this is not only very palatable, but it is also a very healthful and nourishing dish, which we all enjoy.

# BEAN SOUP, NO. 2.

Parboil I pint beans, drain off the water, add fresh, let boil until perfectly tender, season with pepper and salt, add a piece of butter the size of a walnut, or more if preferred; when done skim out ½ the beans, leaving the broth with the remaining ½ in the kettle; now add I teacup sweet cream or good milk, I dozen or more crackers, broken up; let it boil up and serve.

# CABBAGE SOUP.

Shave fine I cabbage, boil till tender, season with salt and pepper and drop in dumplings, made as for pot-pie; when ready to serve add butter and sweet cream to taste.

#### CREAM OF CELERY.

To prepare soup for 12 persons the trimmings and outside leaves of I dozen of celery will prove sufficient. Wash and clean the celery, removing all green portions, cut it up into small pieces in a sauce-pan, and, after adding enough cold water to cover, allow it to boil I hour; during the boiling pour in enough hot water to keep the celery covered. Melt in another sauce-pan 2 tablespoons butter and mix with I teacup flour; boil I quart milk and stir the butter and flour slowly but thoroughly into it; strain the water off the celery and pour it into this milk, and stir it until it shall come to a boil, season with salt and pepper and a little ground mace, if spices be desirable, and strain all through a fine sieve, beat the yolks of 2 eggs and mix quickly into this soup, when it will be ready to serve. Stale bread cut in small dice pieces and fried brown should invariable be served with this or any other cream soup.

#### DUCHESS SOUP.

One quart milk, 2 large onions, 3 eggs, 2 tablespoons butter, 2 of flour, salt, pepper, 2 tablespoons grated cheese; put milk on to boil; fry the butter and onions together for 8 minutes, then add dry flour and cook 2 minutes longer, being careful not to burn; stir into the milk, and cook 10 minutes; rub through a strainer and return to the fire; now add the cheese; beat the eggs with a speck of pepper and ½ teaspoon salt; season the soup with salt and pepper; hold the colander over the soup and pour the eggs through, upon the butter, and set back for 3 minutes where it will not boil; then serve. The cheese may be omitted if it is not liked.

### FRENCH SOUP.

Put butter the size of a pigeon's egg into the sauce-pan; when very hot add 2 or 3 large onions sliced very thin; stir and cook

until they are red; add ½ teacup flour, stirring until it is red, and taking care that it does not burn; now pour in about 1 pint boiling water, stir well, season with plenty of salt and pepper and let boil 1 minute; then pour the whole into the soup-kettle and set at the back of the stove till just before time to serve, when add 1½ pints boiling milk, and 2 or 3 boiled and mashed potatoes. Before putting in the potatoes mix them up smooth and thin with a little of the soup. Stir all well together and simmer a few minutes. Put bits of toasted bread in the soup-tureen, pour in the soup and serve very hot.

#### MILK SOUP.

Four potatoes, 2 onions, 2 ounces butter, ½ ounce salt, pepper to taste, I pint milk, 3 tablespoons tapioca; boil slowly all the vegetables with 2 quarts water several hours, then strain through the colander, and add the milk and tapioca; boily slowly and stir constantly for 15 minutes, and it is ready to serve.

#### GREEN-PEA SOUP.

Cover I quart green pease with hot water, and boil with I onion, until they will mash easily—the time will depend on the age of the pease, but will be from 20 to 30 minutes—mash, and add I pint stock or water; cook together 2 tablespoons butter, and I of flour until smooth, but not brown; add to the pease, and then add I cup cream and I of milk; season with salt and pepper, and let boil up once; strain and serve; I cup whipped cream added the last moment is an improvement.

### SPLIT-PEA SOUP.

One large cup dried split pease, carefully washed and soaked over night in cold water, 2 teaspoons butter, I tablespoon flour, I saltspoon each of salt, pepper and sugar, 2 quarts cold water; put the soaked pease over the fire in the 2 quarts cold water, and let them come slowly to a boil; simmer until the pease are dissolved, taking care not to let the liquid be reduced to less than 2 quarts; as it boils away, add water from the kettle to keep up the required

quantity; when soft, rub through a colander and return to the fire. If it seems too thick, dilute to the proper consistency with milk or water; bring to a boil and stir in the butter and flour, rubbed smooth together; it is better to cook these for a few moments before putting them into the soup; season to taste, and pour upon dice of fried bread laid in the tureen.

#### POTATO SOUP.

To I gallon water add 6 large potatoes chopped fine, I teacup rice, a lump butter size of an egg, I tablespoon flour. Work butter and flour together, and add I teacup sweet cream just before taking from the fire; boil I hour.

### BROWNED POTATO SOUP.

One dozen potatoes of fair size, ½ onion, sliced, 2 quarts boiling water, 2 tablespoons chopped parsley, 2 eggs beaten light, ½ cup milk, pepper, salt and cleared dripping for frying, I tablespoon butter. Heat the dripping in a round-bottomed sauce-pan and fry the potatoes and onion to a fine brown; drain, drop them in the boiling water and cook soft; rub through the colander back into the kettle with the water in which they were boiled; add the parsley, stir to a bubbling boil and season with pepper and salt. Heat the milk in another sauce-pan, melt the butter in it, add the eggs, stir I minute; take the soup-kettle from the fire, pour in the milk and eggs and serve at once. If the potatoes do not thicken the water to a puree, roll the butter in I tablespoon flour and stir-directly into the soup-kettle instead of into the mllk.

## TOMATO SOUP WITH RICE.

Cut ½ onion into rather coarse slices, and fry them in a little hot butter in a saute pan; add to them I quart can, or 10 or 11 large tomatoes cut in pieces, after having skinned them, and also 2 sprigs of parsley; pass the tomato through a sieve. Put in the stew-pan butter the size of a pigeon's egg, and when it bubbles sprinkle in I teaspoon flour; when it has cooked I minute stir in

the potato pulp; season with pepper and salt. It is an improvement to add I cup or more stock; however, if it is not at hand it may be omitted. Return the soup to the fire, and when quite hot add I cup fresh-boiled rice and ½ teaspoon soda.

# CREAM OF TOMATO SOUP.

Cook I dozen tomatoes thoroughly and press them through a sieve (canned tomatoes may be used instead); add I teaspoon soda to I quart pulp. Put a bit of butter the size of an egg into a sauce-pan, and when it bubbles stir in I heaping teaspoon flour; when the flour has cooked add I pint hot milk, a little cayenne pepper, salt and I handful cracker-crumbs. When it boils add the tomato, heat thoroughly, without boiling, and serve at once.

#### VEGETABLE SOUP.

Three onions, 3 carrots, 3 turnips, I small cabbage, I pint tomatoes: chop all the vegetables except the tomatoes very fine; have ready in a porcelain kettle 3 quarts boiling water, put in all except cabbage and tomatoes and simmer for ½ hour, then add the chopped cabbage and tomatoes (the tomatoes previously stewed), also a bunch of sweet herbs; let soup boil for 20 minutes, strain through sieve, rubbing all the vegetables through; take 2 table-spoons best butter and I of flour and beat to a cream; now pepper and salt soup to taste, and add I teaspoon white sugar, ½ cup sweet cream if you have it, and last stir in the butter and flour; let it boil up and it is ready for the table. Serve with fried breadchips, or poached eggs, I in each dish.

# WHITE SOUP WITHOUT MEAT.

One quart milk, I large onion, I turnip, I head of celery, 2 bay-leaves, I bunch parsley, 6 whole peppers, I egg, I ounce butter, I tablespoon flour; boil onion, turnips, celery, parsley, bay-leaves, and whole peppers in I quart water for 8 hours, when it should be reduced to ½ pint; strain it and season with salt; rub the flour into the butter, and thicken the soup, stirring till it boils; add the milk, let it boil again, and pour over the beaten egg, stirring well.

# CHAPTER XXI.

# VEGETABLES.

All green vegetables must be washed thoroughly in cold water, and dropped into water which has been salted and is just beginning to boil; there should be I tablespoon salt for every 2 quarts water; if the water boils a long time before the vegetables are put in, it loses all its gases, and the mineral ingredients are deposited on the bottom and sides of the kettle, so that the water is flat and tasteless; the vegetables will not look green, nor have a fine flavor; the time of boiling green vegetables depends very much upon the age, and how long they have been gathered; the younger and more freshly gathered, the more quickly they are cooked. The following is a time table for cooking:

Potatoes, boiled30 minutes.
Potatoes, baked45 minutes.
Sweet Potatoes, boiled45 minutes.
Sweet Potatoes, baked hour,
Squash, boiled
Squash, baked45 minutes.
The state of the s
Green Pease, boiled20 to 40 minutes.
Shell Beans, boiled hour.
String Beans, boiled to 2 hours.
Green Corn25 minutes to 1 hour.
Asparagus15 to 30 minutes.
Spinach to 2 hours.
Tomatoes, fresh hour.
Tomatoes, canned30 minutes.
Cabbage45 minutes to 2 hours.
Cauliflower to 2 hours.
Dandelions
Beet Greens i hour.
Onions I to 2 hours.
Beets 1 to 5 hours.
Turnips, white 45 minutes to 1 hour.
Turnips, yellow I 1-2 to 2 hours.
Parsnips to 2 hours.
Carrots to 2 hours.
carrotter to a mount.

Nearly all these vegetables are eaten dressed with salt, pepper, and butter, but sometimes a small piece of lean pork is boiled with them, and seasons them sufficiently.

# ARTICHOKES (JERUSALEM), FRIED.

Pare and cut the artichokes into slices about 1-8 inch in thickness, and fry them in sufficient boiling oil or lard for them to swim in until they are a rich brown; strew a little salt over them, pile high on a dish, and send to the table hot; they may also be peeled and cut pear-shaped and stewed in a little salt water, to which a little butter has been added, and used as a garnish for a dish of mashed potatoes.

# ASPARAGUS WITH CREAM DRESSING.

Tie the stalks in bunches, keeping the heads one way, and cut the stalks so as to be of equal length; put them in well-salted water, and cook until tender; have ready thin slices of toast, arrange the asparagus when well drained neatly upon it and pour over white sauce, made with I tablespoon butter melted, and thickened with flour, in which is stirred I egg, 2 teacups cream, with pepper and salt, and all cooked until perfectly smooth.

Asparagus is delicious if a piece of tender lamb is cooked with it; or it may be boiled in stock made of the bones and remains of a chicken; serve with thin slices of toast; after you are tired of having it plain, it will appear almost like a new dish, and be eaten with relish if cooked in this way.

# ASPARAGUS, FRICASSEED.

Wash 25 heads asparagus, cut off the tender portion, and lay them into cold water until they are required; drain them and chop them with 1 young head lettuce, ½ head endive, and 1 small onion; put a piece of butter the size of 1 egg into a sauce-pan, melt it, then mix with it smoothly 1 dessertspoon flour, and ½ pint stock; add the chopped vegetables, with pepper and salt, and let all stew gently until the sauce is thick and good; serve hot. Time to stew, ½ hour.

# ASPARAGUS WITH EGGS.

Boil I bunch asparagus 20 minutes; cut off the tender tops and lay in a deep pie-plate, buttering, salting and peppering well; beat 4 eggs just enough to break up the yolks, add I tablespoon melted butter, with pepper and salt, and pour upon the asparagus; bake 8 minutes in a quick oven, and serve.

## EGG BROCCOLI.

Take ½ dozen heads broccoli, cut off the small shoots or blossoms, and lay them aside for frying; trim the stalks short, and pare off the rough rind up to the head; wash them well, and lay them in salt water for I hour; then put them into plenty of boiling water, salted, and let them boil fast till quite tender; put 2 ounces butter into a sauce-pan, and stir it over a slow fire till it is melted; then add gradually 6 or 8 well-beaten eggs, and stir the mixture until it is thick and smooth; lay the broccoli in the center of a large dish, pour the egg around it, and having fried the broccoli blossoms, arrange them in a circle near the edge of the dish.

#### BEETS AND POTATOES.

One of the most delicious ways to serve these early vegetables is this: Take new potatoes and young beets, boil until done in separate kettles, then slice into the dish in which they are to be put on the table; first put a layer of potatoes, sprinkled with pepper and salt and little lumps of butter, then a layer of beets, treated in the same way, and so on until the dish is full, then pour over all a very little sweet cream or milk. If preferred in place of the milk use I cup vinegar.

#### BEETS PREPARED AS A VEGETABLE.

Boil I hour in salted water; rub off the skins with a cloth, slice, pepper and butter, or cover with drawn butter, and serve while hot.

#### BEETS AS A RELISH.

Boil I hour, skin, cut into slices, and serve with salt, pepper and enough vinegar to cover them.

### BEET GREENS.

Young beets—roots and tops—make choice greens; wash carefully, removing any withered leaves, and boil in salted water for I hour; press out the water in a colander, sprinkle with pepper, place lumps of butter on top, and set in a hot oven I minute before serving.

# BEET PUDDING.

Beets are familiar enough boiled and sliced, either served hot with butter, pepper and salt, or pickled, but a novelty is a beet pudding, made by mixing I pint cooked sugar beets, chopped, with 4 eggs, I quart milk, a little salt and pepper, I tablespoon butter, and baking them about ½ hour.

### BEANS IN GRAVY.

Put in the frying-pan I ounce butter, ½ teaspoon dry flour, and I teaspoon minced onion; brown slightly, and add ½ pint beef gravy or rich soup stock; add the necessary salt and pepper; now add I quart cold boiled beans; simmer long enough to heat them thoroughly; add a squeeze of lemon-juice, and they are ready for the table.

# BOSTON BAKED BEANS.

Pick over and wash the beans, and soak them over night; in the morning parboil them, then put them in a bean-pot, or any small-necked earthen jar, with sufficient cold water to cover them, to which add I or 2 tablespoons molasses, and salt and pepper to taste. Have ready ½ pound pickled pork for each quart of beans, parboiled and scored; put it in the center of the dish and bake in a moderate oven for 12 hours; add water as often as necessary. If objectionable the pork may be omitted and butter used in its stead, only a little will be required, just enough to season the beans.

# LIMA BEANS.

Shell, wash and put into boiling water with a little salt; when boiled tender, drain and season them, and either dress with cream or large lump of butter, and let simmer for a few moments.

# PORK AND BEANS.

See "Meats."

# STRING BEANS, SAUTE.

String tender beans and cut them into inch lengths; cook in slightly salted boiling water for  $\frac{1}{2}$  hour; drain them and put them in a deep frying-pan with I large tablespoon butter, I teacup cream or milk with a little thickening of flour, and salt and pepper; toss and shake 5 minutes over a hot fire, and serve.

#### BRUSSELS SPROUTS.

Pick, trim and wash a number of sprouts; put them into plenty of fast-boiling water; add I tablespoon salt, keep the sauce-pan uncovered and boil very fast for 15 minutes; drain as soon as done and serve with melted butter.

#### CARROTS.

This vegetable should be served with boiled beef; when the carrots are young they should be washed and rubbed, not scraped, before cooking, then rubbed with a clean, coarse cloth after boiling. Young carrots need to be cooked about ½ hour, and full grown ones from 1½ to 2 hours. They are excellent for flavoring, and contain a great amount of nourishment.

### CARROTS BOILED.

Wash and prepare the carrots; throw them into plenty of boiling water and with salt; keep them boiling till tender, and serve with melted butter; or they may be boiled with beef and a few placed round the dish to garnish, and the rest sent to table in a tureen.

#### STEWED CARROTS.

Scrape and boil whole 45 minutes; drain and cut into round slices 1/4 inch thick; put on a cup of weak broth—a little soup if you have it—and cook 1/2 hour; then add 3 or 4 tablespoons milk, a lump of butter rolled in flour, with seasoning to taste; boil up and dish.

# BOILED CABBAGE.

Cut off the stalk, remove the faded and outer leaves, and halve, or, if large, quarter the cabbages; wash them thoroughly and lay them for a few minutes in water, to which I tablespoon vinegar has been added, to draw out any insects that may be lodging under the leaves; drain them in a colander; have ready a large pan of boiling hot water, with I tablespoon salt and a small piece of soda in it, and let the cabbage boil quickly until tender, leaving the sauce-pan uncovered; take them up as soon as they are done, drain them thoroughly and serve. Time to boil: young summer cabbage, from IO to I5 minutes; large cabbage, ½ hour or more.

# BAKED CABBAGE.

Cook as for boiled cabbage, after which drain and set aside until cold; chop fine, add 2 beaten eggs, I tablespoon butter, pepper, salt, 3 tablespoons rich cream; stir well and bake in a buttered dish until brown. Eat hot.

#### CREAMED CABBAGE.

Slice as for cold-slaw and stew in a covered sauce-pan till tender; drain it, return to sauce-pan, add I gill or more rich cream, I ounce butter, pepper and salt to taste; let simmer 2 or 3 minutes, then serve; milk may be used by adding a little more butter; or have a deep spider hot, put in sliced cabbage, pour quickly over it I pint boiling water, cover close and cook for IO minutes, then pour off water and add ½ pint rich milk; when the milk boils, stir in I teaspoon flour moistened with a little milk, season, cook a moment, and serve.

### MINCED CABBAGE.

Drain boiled cabbage in the colander; put it in the chopping-tray and chop fine; for each quart of the chopped cabbage, put 2 tablespoons butter and I of flour in the frying-pan; as soon as smooth and hot, put in the cabbage, which season well with salt, pepper, and, if you like it, 2 tablespoons vinegar; stir constantly for 5 or 8 minutes; when done, heap on a dish; make smooth with a knife, and garnish with hard-boiled eggs.

#### STUFFED CABBAGE.

Take a fresh cabbage and remove the center; fill the cavity with a stuffing made of cooked veal or chicken, chopped very fine, seasoned very highly, and rolled into balls with yolk of egg; tie the cabbage firmly together and boil about 2 hours.

# COLD SLAW.

Sprinkle I quart finely-chopped cabbage with salt, and let it stand I hour; drain off the brine into a sauce-pan; pour in ½ pint strong vinegar, a piece of butter, size of a hickory-nut, I teaspoon strong mustard—after it has been stirred with water, and ½ teaspoon pepper; when it boils stir in 2 well-beaten eggs, and 3 tablespoons sweet cream; pour hot on the cabbage, and have it cold when it is to be served. A very delicious relish with meats.

# CABBAGE Á LA CAULIFLOWER.

Cut the cabbage fine, as for slaw; put it into a stew-pan, cover with water, and keep closely covered; when tender, drain off the water; put in a small piece of butter, with a pinch of salt, ½ cup cream, or I cup milk; leave on the stove a few minutes before serving.

# CAULIFLOWER Á LA FRANCAISE.

Lay the vegetable, with its head downward, in cold salt and water for I hour before boiling it; or, better still, in cold vinegar and water; trim away the outer leaves, and cut the stalks quite close; cut the cauliflower into quarters and put into a stew-pan, and boil until tender; drain and arrange it neatly on a dish; pour over it melted butter.

#### CAULIFLOWER WITH STUFFING.

Take a sauce-pan the exact size of the dish intended to be used; cleanse a large, firm, white cauliflower, and cut it into sprigs; throw these into boiling salt water for 2 minutes; then take them out, drain, and pack them tightly with the heads downward, in the sauce-pan, the bottom of which must have been previously covered

with thin slices of bacon; fill up the vacant spaces with a stuffing made of 3 tablespoons finely-minced veal, the same of beef suet, 4 tablespoons bread-crumbs, a little pepper and salt, I teaspoon each of chopped parsley and minced chives, and I dozen small mushrooms, chopped fine; stew these ingredients over the cauliflowers in alternate layers, and pour over them 3 well-beaten eggs; when these are well soaked, add sufficient nicely-flavored stock to cover the whole; simmer gently till the cauliflowers are tender, and the sauce very much reduced; then turn the contents of the sauce-pan upside down on a hot dish, and the cauliflowers will be found standing in a savory mixture.

### CAULIFLOWER WITH SAUCE.

Boil a large cauliflower, tied in netting, in hot salted water, from 25 to 30 minutes; drain, serve in a deep dish with the flower upward and pour over it I cup drawn butter in which has been stirred the juice of I lemon and ½ teaspoon French mustard, mixed up well with the sauce.

#### ESCALOPED CAULIFLOWER.

Cook the cauliflower I hour in salt and water; drain, and break apart; put a layer of the cauliflower in an escalop-dish, moisten it with Bechamel or cream sauce, and sprinkle in a little grated cheese; put in another layer of cauliflower, and continue, as directed before, until all of the vegetable is used; there should be 2 tablespoons of grated cheese and I pint sauce to each head of cauliflower; cover with bread-crumbs and cheese, and dot with bits of butter. Bake 1/2 hour in a moderate oven.

#### CELERY.

Wash, trim and scrape the stalks, selecting those that are white and tender; crisp by leaving in ice-cold water until they are wanted for the table; arrange neatly in a celery-glass; pass between the oysters and the meat.

### FRIED CELERY.

Boil the celery entire until tender; drain it, divide into small pieces and fry in dripping until lightly browned; garnish the dish prettily with parsley.

### STEWED CELERY.

Clean the heads thoroughly; take off the coarse, green, outer leaves; cut in small pieces, and stew in a little broth; when tender, add some rich cream, a little flour, and butter enough to thicken the cream; season with pepper, salt, and a little nutmeg if that is agreeable.

# CORN, FOR WINTER USE.

Cut the corn from the cob, raw, before it gets too hard; to each gallon of cut corn add 2 scant cups salt; pack tightly in a jar—don't be afraid of getting the jar too large—cover with a white cloth, put a heavy weight to keep the corn under the brine, which soon forms; now the most important part is to wash the cloth every morning for 2 weeks, or the corn will taste queerly; if the corn is too salty, freshen before cooking; this is as good as canned corn, and is much easier put up. Corn should be fresh in order to be good, and should be cooked as quickly as possible after being gathered, as it heats and loses much of its flavor.

### BAKED CORN.

Grate I dozen ears sweet corn; I cup milk, small piece butter; salt, and bake in pudding-dish I hour.

## GREEN CORN ON THE COB.

Take off the outside leaves and the silk, letting the innermost leaves remain on until after the corn is boiled, which renders the corn much sweeter; boil for ½ hour in plenty of water, drain, and after removing the leaves, serve.

### .CORN CUSTARD.

Cut corn from the cob, mix it with milk, not too thin, 2 or 3 eggs, pepper and salt; bake ½ hour; serve as a vegetable.

### CORN OYSTERS.

Eight ears sweet corn, grated, 2 cups milk, 3 eggs, salt and pepper, flour enough to make a batter; put I tablespoon butter into a frying-pan, and drop the mixture into the hot butter, I spoonful in a place; brown on both sides; serve hot for breakfast, or as a side-dish for dinner.

# STEWED CORN.

Stew I quart canned corn in its own liquor, setting the vessel containing it in an outer one of hot water; should the corn be dry add a little cold water; when tender pour in enough milk to cover the corn, bring to a boil, and put in I tablespoon butter rolled in flour, and salt to taste; stew gently, stirring well 3 or 4 minutes, and turn into a deep dish; keep the vessel containing the corn closely covered while it is cooking; the steam facilitates the process and preserves the color of the corn.

## SLICED CUCUMBERS.

Be sure that your cucumbers are perfectly fresh; peel them and lay in ice-water I hour before dinner; slice them, and serve with bits of ice laid among them; just before eating, season with pepper, salt, oil and vinegar; a great many people always wish a couple of young onions sliced with the cucumbers.

#### FRIED CUCUMBERS.

Peel, slice lengthwise and lay in cold water, a little salt, for I hour; take out, wipe dry, sprinkle with pepper and salt, and flour well; fry in nice dripping to a light brown, and drain well in a hot colander.

#### STEWED CUCUMBERS.

Cut the cucumbers fully ½ inch thick right through; put them in a sauce-pan, just covering them with hot water, and let them boil slowly for ¼ hour, or until tender, but not so as to break them; then drain them; you want now I pint good cream, and put your cream, with I teaspoon butter, in a sauce-pan, and when it is

warm put in the cucumbers; season with a little salt and white pepper, cook 5 minutes, shaking the sauce-pan all the time, and serve hot; it is just as delicate as asparagus, and a very nice dish indeed.

## DANDELIONS.

Take I peck of dandelion leaves, wash in several waters, let lay in cold water ½ hour; put on to cook in boiling water; boil 10 minutes, pour off the water and cover with fresh boiling water with salt, boil I hour, drain and press out the water; put in a sauce-pan and set on the stove; season with butter, salt and pepper; take up in a hot dish, garnish with slices of hard-boiled eggs; serve with vinegar.

## ENDIVE STEWED.

Strip off the outer green leaves from the heads of endive; wash thoroughly, soak in salted water to dislodge the insects; then drain and boil for 25 minutes in water salted slightly; have ready a stewpan with I ounce butter, drain the endive and put it into the pan and add I saltspoon salt, pepper, and I gill of cream; serve hot.

#### EGG PLANT.

Pare and cut in slices ½ an inch thick, sprinkle with salt, cover and let stand for I hour; rinse in clear cold water, wipe each slice dry, dip first in beaten egg, then in rolled cracker or bread crumbs, season with pepper and salt, and fry brown in butter.

#### BAKED EGG PLANT.

Peel the egg plant, boil until done, then pour off the water, mash fine, add pepper, salt and butter to taste; put in a shallow pudding-pan, and over the top place a thick layer of crushed cracker; bake ½ hour in a moderate oven.

#### FRICASSEED EGG PLANT.

Having peeled and sliced the egg plants, boil them in water with I saltspoon salt, until they are thoroughly cooked. Drain off the water, pour in sufficient milk to cover the slices, and add a few bits

of butter rolled in flour; let it simmer gently, shaking the pan over the fire till the sauce is thick, and stir in the beaten yolks of 2 or 3 eggs just before it is served.

# STUFFED EGG PLANT.

Parboil them to take off their bitterness, then slit each one down the side and extract the seeds; have ready a stuffing made of grated bread-crumbs, butter, minced sweet herbs, salt, pepper, nutmeg and beaten yolk of egg; fill with it the cavity whence you took the seeds and bake; serve them up with a made gravy poured into the dish.

#### GARLIC.

Garlic requires to be used most judiciously, or it will spoil whatever is cooked with it; if used carefully, however, it will impart a most delicious flavor to salads and sauces, but it is so strong that, for many dishes, all that is necessary is to rub the dish which is to be sent to table sharply round with a slice of it; or, better still, to rub it on a crust of bread, and put the bread into the soup, etc., for a few minutes. A very general prejudice exists against garlic, probably on account of its being used in the same way as an onion. If it is desired to diminish the strength of the flavor, this may be done by boiling the garlic in 2 or 3 waters.

# GREENS, STEWED.

Take a bunch of fresh greens, wash in several waters; drain them well and throw them into plenty of fast boiling water, salted and skimmed, and boil them for 10 minutes; take them up, press the water from them, and throw them into cold water for ½ hour; drain them, cover with stock, and add I bunch herbs, I onion, I clove, I slice fat bacon, and a little pepper and salt; stew very gently until tender. Serve with mutton, lamb, or veal.

#### HORSE-RADISH AS GARNISH.

Wash and scrub the horse-radish thoroughly; let it lie for I hour in cold water; then scrape it very finely with a sharp knife; arrange

it in little bunches around the dish, or, if there is gravy with the meat, put it in a small glass dish near the carver.

#### LETTUCE.

Pick over the leaves carefully and throw them into cold water 15 minutes before sending to the table; when they are nice and crisp remove them from the water to a clean cloth, fold the cloth over and wring it, then pull the leaves apart with the fingers, or, bunching it in the left hand, slice it down with a knife in the right hand; it should never be chopped, as that will turn it black; serve with pepper, salt and vinegar, with sugar and vinegar, or with mayonnaise dressing according to the individual taste to be pleased.

# LETTUCE, STUFFED.

Wash 4 or 5 large heads of lettuce, boil them in plenty of salt and water for 15 minutes, throw them at once into cold water, and afterwards let them drain; open them, fill them with good veal forcemeat, tie the ends securely, and put them into a stew-pan with as much good gravy as will cover them, I teaspoon salt, ½ teaspoon pepper, and I teaspoon vinegar; simmer gently for another 15 minutes, remove the strings, place them on a hot dish, and pour the gravy around them.

#### WILTED LETTUCE.

A novel way to serve lettuce is, after washing and looking over carefully, to pour a dressing over it made by frying out the fat from a slice of ham, cutting the ham in small pieces before frying; when the fat is at the boiling point add I cup vinegar, let it boil for I or 2 minutes, then pour over the lettuce; garnish with cold boiled eggs cut in rings.

#### PLAIN BOILED MACARONI.

Two quarts boiling water, I tablespoon salt, and I2 sticks macaroni; break and wash the macaroni, throw it into the salt and water, and boil rapidly for 25 minutes; pour off the water, season with salt, pepper and butter, and serve.

# MACARONI IN GRAVY.

Twelve sticks macaroni, 1½ pints stock, I scant tablespoon flour, I generous tablespoon butter, salt, pepper; break and wash the macaroni; put it in a sauce-pan with the stock; cover and simmer ½ hour; mix the butter and flour together; stir this and the seasoning in with the macaroni; simmer 10 minutes longer and serve. A tablespoon of grated cheese may be added.

# BAKED MACARONI.

• Twelve sticks macaroni, broken in small pieces; boil in slightly salted water about 20 minutes; drain and put a layer into a greased pudding-dish; add pepper, salt and bits of butter, then sprinkle with grated bread- and cheese-crumbs, and so continue until the dish is filled, making the top layer of cheese thicker than the previous ones; pour over all a cup of milk and bake until brown.

# MACARONI À L'ITALIENNE.

Twelve sticks macaroni (¼ pound), ½ pint milk, 2 tablespoons cream, 2 of butter, I of flour, some salt, white pepper, and cayenne, and ¼ pound cheese; break and wash the macaroni, and boil it rapidly for 20 minutes in 2 quarts water; put the milk on in the double boiler; mix the butter and flour together, and stir into the boiling milk; add the seasoning, cream, and cheese; drain and dish the macaroni; pour the sauce over it, and serve immediately; I tablespoon mustard can be stirred into the sauce if you like. If the sauce and macaroni are allowed to stand long after they are put together, the dish will be spoiled. If they cannot be served immediately, keep both hot in separate dishes.

## MACARONI AS A VEGETABLE.

Simmer ½ pound macaroni in plenty of water till tender, but not broken; strain off the water; take the yolks of 5 and the whites of 2 eggs, ½ pint cream, white meat and ham chopped very fine, 3 spoons grated cheese; season with salt and pepper; heat all together, stirring constantly; mix with the macaroni; put into a buttered mold and steam I hour.

# MACARONI WITH OYSTERS.

Boil macaroni in salt water, after which draw through a colander; take a deep earthen dish or tin; put in alternate layers of macaroni and oysters; sprinkle the layers of macaroni with grated cheese; bake until brown.

# MACARONI WITH TOMATOES.

Boil ½ pound macaroni till tender, pour off all the water, then add ½ cup sweet cream, ⅓ cup butter, pepper and salt; let simmer for a short time, but be careful that it does not become much broken; turn into vegetable dish; have ready I pint stewed tomatoes, season with butter, salt and pepper, and pour over the macaroni.

### STEWED MACARONI.

Boil 2 ounces macaroni in water and drain well; put into a saucepan I ounce butter, mix with I tablespoon flour, moisten with 4 tablespoons veal or beef stock, I gill cream, salt and white pepper to taste; put in the macaroni, let it boil up, and serve while hot.

# BAKED ONIONS.

Boil in salted water ½ hour; lift out in a drain-spoon carefully and lay them closely together in a baking-pan; salt and pepper, also ½ teaspoon butter should be put on each onion; bake in a hot oven ½ hour, when they should be both tender and browned; take out without crushing and serve hot.

Wash but do not peel the onions; boil I hour in boiling water, slightly salt, changing the water twice in the time; when tender, drain on a cloth, and roll each in buttered tissue paper, twisted at the top, and bake I hour in a slow oven; peel and brown them; serve with melted butter.

# BOILED ONIONS.

Skin them thoroughly; put them to boil; when they have boiled a few minutes, pour off the water and add clean cold water, and set them to boil again; pour this away, and add more cold water, when they may boil till done; this will make them white and clear and very mild in flavor; after they are done, pour off all the water, and dress with a little cream; salt and pepper to taste.

Boil in 2 waters, drain, and if they are large, cut into quarters pour over them I cup scalding milk in which a pinch of soda has been stirred; set over the fire, add I tablespoon butter, ½ teaspoon corn-starch wet with milk, a little minced parsley, with pepper and salt; simmer and pour out.

# ONION ORMOLOO.

Peel 10 or 12 large white onions, steep them I hour in cold water, then boil them soft; mash them with an equal quantity of boiled white potatoes, adding ½ pint milk and 2 or 3 well-beaten eggs; stir the mixture very hard, season it with nutmeg, pepper and salt, and bake it in a quick oven; when ½ done pour a little melted butter or gravy over the top.

### SCALLOPED ONIONS.

Boil till tender 6 large onions; afterward separate them with a large spoon; then place a layer of onions and a layer of grated bread-crumbs alternately in a pudding-dish; season with pepper and salt to taste; moisten with milk; put into the oven to brown.

### BOILED OKRA.

Put the young and tender pods of long, white okra into salted boiling water in a porcelain or tin-lined sauce-pan, as iron discolors it; boil 15 minutes, take off stems, and serve with butter, pepper, salt and vinegar, if preferred; or, after boiling, slice in rings, season with butter, dip in batter, and fry; season and serve; or stew an equal quantity of tomatoes and tender sliced okra, and I or 2 sliced green peppers; stew in porcelain kettle 15 or 20 minutes, season with butter, pepper and salt, and serve.

# STEWED OYSTER PLANT, OR SALSIFY.

Scrape the roots, and cut into inch lengths, dropping into cold water to prevent discoloration; put on in hot water, and stew until

tender; drain nearly dry and cover with hot milk; simmer about 10 minutes, and thicken with 1 teaspoon butter rolled in flour; salt and pepper to taste.

# VEGETABLE OYSTER CAKES.

One bunch oysters; boil and mash; I pint sour milk, ½ teaspoon soda, flour to make a batter; add 2 eggs, beaten, and the oysters; fry in hot lard; drop in spoonfuls.

# MOCK STEWED OYSTERS.

One bunch oyster plant, 8 teaspoons butter, a little flour or corn-starch, vinegar and water for boiling, pepper and salt, ½ cup milk; wash and scrape the oyster plant very carefully; drop into weak vinegar and water, bring quickly to a boil, and cook 10 minutes; turn off the vinegar water, rinse the salsify in boiling water, throw this out and cover with more from the teakettle; stew gently 10 minutes longer, add pepper and salt and 2 tablespoons butter; stew in this until tender; meanwhile heat in a farina-kettle the milk, thicken, add the remaining butter, and keep dry until the salsify is done, then transfer it to this sauce; pepper and salt; let all lie together in the inner kettle, the water in the outer at a slow boil, for 5 minutes; pour into a covered dish.

#### CRISP PARSLEY.

This is used for garnishing dishes. Pick and wash young parsley, shake it in a cloth to dry it thoroughly, and spread it on a sheet of clean paper and put it in the oven. Turn the bunches frequently until they are quite crisp. Parsley is much more easily crisped than fried.

#### TO FRY PARSLEY.

Wash the parsley and wipe dry; put in the frying-basket and plunge into boiling fat for ½ minute.

#### PARSNIPS.

Parsnips may be dressed in the same way as carrots, which they very much resemble. When boiled, they are generally served with

boiled meat, or boiled salt fish; when fried, with roast mutton. If young, they require only to be washed and scraped before they are boiled; if old and large, the skin must be pared off, and the roots cut into quarters. Carrots and parsnips are often sent to the table together. It should be remembered that parsnips are more quickly boiled than carrots.

#### FRIED PARSNIPS.

Boil until tender in hot water slightly salted; let them get almost cold, scrape off the skin, and cut in thick, long slices; dredge with flour and fry in hot dripping, turning as they brown; drain very dry in a hot colander; pepper and salt to serve.

#### PARSNIP OYSTERS.

Three grated parsnips, 3 eggs, I teaspoon salt, I teacup sweet cream, butter ½ size of egg, 3 tablespoons flour; fry as pancakes; salsify may be used in place of parsnips.

#### PARSNIP STEW.

Three slices salt pork, boil 1½ hours; scrape 5 large parsnips, cut in quarters lengthwise, add to the pork and let boil ½ hour; then add a few potatoes, and let all boil together until the potatoes are soft; the fluid in the kettle should be about I cup when ready to take off.

#### CANNED PEASE.

Open a can of pease I hour before cooking them, that there may be no musty, airless taste about them, and turn into a bowl; when ready for them, put on in a farina-kettle, or in one sauce-pan within another of hot water. If dry, add cold water to cover them, and stew about 25 minutes; drain, stir in a generous lump of butter; pepper and salt.

# FRENCH WAY OF COOKING PEASE.

Put your pease in a nice dish, where they will not turn black in cooking; cut up fine I small head of lettuce; put in a few sprigs of

parsley, tied up; salt and pepper; enough water to cover the pease; cook gently until tender 13/4 hours, then drain off most of the water; dissolve I full teaspoon flour in water and stir in; add 1/2 tablespoon butter, 1/2 cup milk and I lump sugar; cook about 10 minutes; just before serving stir in yolk of I egg, previously beaten with a little water.

# FRENCH WAY OF COOKING PEASE, NO. 2.

Put some thin slices of bacon in a skillet and brown a little on both sides; then put in your pease, with I large onion quartered, I head lettuce, and a few sprigs parsley, tied up, water enough to cover them; salt and pepper (not much salt, as the bacon salts them); cook I hour; ten minutes before serving sprinkle a little flour to thicken the gravy; remove the bunch of lettuce and parsley.

#### GREEN PEASE.

Boil I quart young, freshly-gathered pease in slightly-salted water until they are tender; then drain them in a colander; melt 2 ounces fresh butter over the fire, mix smoothly with a dessert-spoon flour, and add very gradually I cup thick cream, or, failing this, use new milk; when the sauce boils, put in the pease, stir them until they are quite hot, and serve immediately.

# SCOTCH PEASE BROSE.

Put 2 large tablespoons pea-meal into a bowl, add salt and a bit butter, then boiling water, making the brose stiff enough for the spoon to stand in, and serve immediately with I glass fresh milk.

# BAKED POTATO BALLS.

Form cold mashed potato into balls with the hands, having first seasoned and beaten up an egg in it; roll the balls in flour, lay in a well-greased pan and bake to a good brown.

### POTATO BALLS.

Boil some potatoes very dry; mash them as smoothly as possible; season with salt and pepper; warm them, with I ounce butter

to I pound potatoes, and a few spoons good cream; let them cool a little, roll them into balls; sprinkle over them some crushed vermicelli or macaroni, and fry them a light brown.

# BROWNED POTATOES.

While the meat is roasting, and I hour before it is served, boil the potatoes and take off their skins; flour them well, and put them under the meat, taking care to dry them from the drippings before they are sent to the table; kidney potatoes are best dressed in this way; the flouring is very essential; they should always be boiled a little before being put into stews, as the first water in which they are cooked is thought to be of a poisonous quality; potatoes when boiled, if old, should be peeled and put whole upon the gridiron until nicely browned.

### POTATOES A LA BECHAMEL.

Steam a dozen potatoes, peel and cut in slices, place in a heated dish, and pour over sauce, to make which melt I tablespoon butter, thicken with flour, mix well, add I teacup each of cream and soup stock; let boil; take from the fire; season with salt and pepper, and stir in the yolk of an egg well beaten.

#### BROILED POTATOES.

Cut cold boiled potatoes into slices ½ inch thick; dip them into melted butter and fine bread crumbs, place them in a double broiler and broil over a fire that is not too hot; garnish with parsley and serve on a hot dish; season with salt and pepper, toast till a delicate brown, arrange on a hot dish and season with butter.

#### POTATOES AND CORN.

Cut the cold corn left from yesterday from the cob, and mix it with an equal amount of cold boiled potatoes, chopped; heat a spoon of dripping in a frying-pan, stir the corn and potatoes about in it until they are smoking hot, and send to table in a deep dish.

# POTATOES A LA CREME.

One pound potatoes, 2 ounces butter, I gill cream, I table-spoon parsley, I tablespoon flour. Boil and cut the potatoes in slices; stir the butter and flour together over the fire till they form a paste; chop the parsley, and add with the cream, salt and pepper, and mix thoroughly; put in the potatoes and warm all together.

# POTATO CROQUETTES.

Take 6 boiled potatoes, pass them through a sieve; add to them 3 tablespoons ham grated or minced finely, a little grated nutmeg, pepper and salt to taste, and some chopped parsley; work into this mixture the yolks of 3 or 4 eggs, then fashion it into the shape of balls, roll them in bread-crumbs, fry in hot lard, and serve with fried parsley.

#### POTATO CHOWDER.

Take 6 large potatoes, I onion, I quart milk, I tablespoon butter, 2 ounces salt pork, and I egg; cut the pork in small pieces and fry; add the potatoes and I onion sliced; cover with boiling water, and cook until potatoes are tender; add the milk scalded, and the seasoning, and lastly the egg, beaten light.

#### DUCHESS POTATOES.

Boil ½ dozen potatoes, pass them through a sieve, and work into the bowl with I gill cream, and the yolks of 8 eggs, pepper, salt, a trifle of nutmeg, and some finely-grated parsley; mix them smooth, mold into round balls, cover with dried bread-crumbs, fry in hot lard, or lard and butter mixed, rolling them around so that they will brown evenly; serve hot.

# DUCHESS POTATOES, NO. 2.

Cut cold boiled potatoes into cubes; season well with salt and pepper, and dip in melted butter and lightly in flour; arrange them on a baking-sheet, and bake 15 minutes in a quick oven; serve very hot; nice as a garnish.

## ESCALOPED POTATOES.

Cut I quart cold boiled potatoes in very thin slices, and season well with salt and pepper; butter an escalop-dish; cover the bottom with a layer of cream sauce, add a layer of the potatoes, sprinkle with chopped parsley, and moisten with sauce; continue this until all the material is used; have the last layer one of cream sauce; cover the dish with fine bread-crumbs, put I tablespoon butter in little bits on the top, and cook 20 minutes; it takes I pint sauce, I tablespoon parsley, ½ cup bread-crumbs, I teaspoon salt, and as much pepper as you like; this dish can be varied by using I cup chopped ham with the potatoes; indeed, any kind of meat can be used.

## FRIED RAW POTATOES.

Pare and thinly slice raw potatoes; let them stand in cold water ½ hour; drain in a colander, and fry in melted butter; cover closely, but stir occasionally; season with salt and pepper.

# FRIED RAW POTATOES, NO. 2.

Raw potatoes, peel, cut in rings the thickness of a shilling, or cut in one continuous shaving; throw them into cold water until you have sufficient; drain on a cloth; fry quickly in plenty of hot fat, and with as little color as possible; dry them well from the grease, and sprinkle with salt. When nicely done, and piled up properly, they make a fine side-dish, which is always eaten with great relish. Or cut a potato lengthwise the size and shape of the divisions of an orange, trim them neatly and fry them; they are an excellent garnish for meat.

Cold potatoes may be cut in slices somewhat less than I inch thick, and fried in like manner. They can also be fried with onions, as an accompaniment to pork chops, sliced cod, red herring, or with a rasher of bacon.

#### BROWNED HASHED POTATOES.

Pare and chop the potatoes rather fine, put them in a bakingdish, season with salt, pepper and a liberal amount of butter and sufficient milk to just come to the top of the potatoes; bake in a moderately quick oven 45 minutes; serve in the dish in which they are baked.

# LYONNAISE POTATOES.

One quart cold boiled potatoes, cut into dice; 3 tablespoons butter, I of chopped onion, I of chopped parsley, salt, pepper. Season the potatoes with the salt and pepper; fry the onions in the butter, and when they turn yellow add the potatoes; stir with a fork, being careful not to break them; when hot, add the parsley, and cook 2 minutes longer; serve immediately on a hot dish.

# MASHED POTATOES.

Steam or boil potatoes until soft, in salted water; pour off the water, and let them drain perfectly dry; sprinkle with salt, and mash; have ready some hot milk or cream, in which has been melted a small piece butter; pour this on to the potatoes, and stir until white and very light.

#### NEW POTATOES.

Scrape off the skins, and boil or steam 10 or 15 minutes until tender; then serve with butter, pepper, and salt, or with cream sauce (see "Sauces.")

## NEW POTATOES AND GREEN PEASE.

A very agreeable dish is prepared by simply boiling small new potatoes with green pease, and serving them together; the potatoes should be dropped in after the pease have been cooking 5 or 10 minutes.

#### OLD POTATOES.

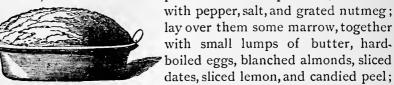
These can be made to look like young ones in this way: Wash some large ones, and cut them into as many small slices as will fill a dish; boil them in 2 or 3 waters about 3 minutes each time, the water being put to them cold; then let them steam until tender; pour a white sauce over them. Potatoes prepared in this way have been mistaken for young ones.

#### POTATO PUFF.

Take 2 cups cold mashed potato, and stir into it 2 tablespoons melted butter, beating to a white cream before adding anything else; then put with this 2 eggs whipped very light and I cup cream or milk, salting to taste; beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned.

## POTATO PIE.

Butter a shallow pie-dish rather thickly; line the edges with a good crust, and then fill the pie with mashed potatoes, seasoned



cover the dish with pastry, and bake the pie in a well-heated oven for ½ hour or more, according to the size of the pie.

#### POTATO PATTIES.

A nice way to make little potato patties is to grate 3/4 pound mealy potatoes to a fine flour, moistened with a little milk and add 2 ounces butter beaten to a cream; boil 1/2 pint milk and stir it boiling into the potatoes, continuing to stir it over the fire to a smooth paste; take it off and mix in 2 well-beaten eggs; let the whole cool; beat it up with the yolks of 4 eggs; whip the whites to a snow and stir it gently into the batter; butter small patty-pans and sift grated bread over to line them as with a crust; fill these with the batter and bake to a deep yellow color, just before they are to be served. Send immediately to table with fish or fowl.

## POTATO ROLLS.

Five large potatoes mashed while warm; add I quart flour, salt to season, I teacup milk, stir until light, make into rolls, let stand 2 hours, then bake.

#### SARATOGA POTATOES.

Peel and shave into thin slices with a potato-cutter; rinse in cold water and dry with a cloth, then fry to a nice yellow in hot lard; drip carefully and sprinkle with salt while hot.

# SAVORY POTATOES.

Peel and slice potatoes as for stewing, and lay in cold water for an hour; put them over the fire in boiling water, throw in a pinch of salt and cook until tender; drain and pour over them a cup of soup stock, skimmed, strained, seasoned with parsley and a little onion, and thickened with 2 teaspoons browned flour rubbed up with 1 of butter; return to the fire, cook 10 minutes and serve in a deep dish.

#### STEWED POTATOES.

Cut in small pieces enough cold boiled potatoes to fill a vegetable-dish; put into them I pint milk, ½ cup butter, salt and pepper to taste; thicken with I teaspoon flour; stew 5 minutes, and serve.

# POTATO SOUFFLÉ.

Six large, smooth potatoes, ½ cup boiling milk, 1 tablespoon outter, the whites of 4 eggs, salt and pepper to taste; wash the potatoes clean, being careful not to break the skin; bake 45 minutes; take the potatoes from the oven, and with a sharp knife cut them in two, lengthwise; scoop out the potato with a spoon, and put it in a hot bowl; mash light and fine; add the seasoning, butter, and milk, and then ½ the whites of the eggs; fill the skins with the mixture; cover with the remaining white of the egg, and brown in the oven; great care must be taken not to break the skins.

#### POTATO SURPRISE.

Scoop out the inside of a sound potato, leaving the skin attached at one side of the hole, as a lid; mince finely the lean of a juicy mutton chop with a little salt and pepper; put it in the potato, fasten down the lid, and bake or roast; before serving (in its skin) add a little hot gravy if the mince seems too dry.

#### STUFFED POTATOES.

Bake large potatoes until done; cut a "cap" from the top of each; scoop out the inside carefully and mash softly with butter and milk. Mince the cooked giblets of chickens fine, season with pepper and salt, stir into the potatoes, add the beaten yolk of I egg, beat in a sauce-pan until very hot, fill the skins, replace the tops and set in an oven for 3 minutes.

## POTATO TURNOVERS.

Mash some dry, mealy potatoes while they are warm; add a piece butter and mix with them 2 or 3 beaten eggs, according to the quantity of potatoes. Dredge a pasteboard, spread on it the potatoes a good ½-inch thick; when cool cut out in squares or round cakes 5 inches across. Put on each I large tablespoon of any remnants of meat or poultry minced fine; turn over ½ of the cake to cover it, coat them over with egg and bread-crumbs, and bake a delicate brown in a moderate oven.

#### TOSSED POTATOES.

Boil some potatoes in their skins; peel them and cut into small pieces; toss them over the fire in a mixture of cream, butter rolled in flour, pepper and salt, till they are hot and well covered with the sauce.

#### SWEET POTATOES.

Sweet potatoes require from 45 to 55 minutes to boil, and from 1 to 1½ hours to bake; the time given will make the potatoes moist and sweet; if, however, they are preferred dry and mealy, 15 minutes less will be enough.

# FRENCH FRIED SWEET POTATOES.

Prepare and fry the same as the white potatoes; or, they can first be boiled ½ hour, and then pared, cut, and fried as directed; the latter is the better way, as they are liable to be a little hard if fried when raw.

## COLD BOILED SWEET POTATOES.

Cut cold boiled sweet potatoes in thick slices, and season well with salt and pepper; have the bottom of the frying-pan covered with either butter, or pork, ham, or chicken fat; put enough of the sliced potatoes in the pan to just cover the bottom; brown one side, and turn, and brown the other; serve in a hot dish; cold potatoes can be served in cream, cut in thick slices and toasted; cut in thick slices, dipped in egg and bread-crumbs, and fried brown; and can be fried in batter.

# A FARMER'S DAINTY DISH.

Peel and slice thin potatoes and onions (5 potatoes to 1 small onion); take ½ pound sweet salt pork (in thin slices) to 1 pound beef, mutton or veal; cut the meat in small pieces; take some nice bread dough and shorten a little; line the bottom of the stew-pan with slices of pork, then a layer of meat, potatoes and onions, dust over a little pepper and cover with a layer of crust; repeat this until the stew-pot is full; the size of the pot will depend on the number in the family; pour in sufficient water to cover, and finish with crust; let it simmer until meat, vegetables, etc., are done, but do not let it boil hard; serve hot. This we are assured by one who knows is a dish fit to set before a king.

## RICE AS A VEGETABLE.

It should first be picked over, washed and dried; then put in boiling water and salt and boil 12 minutes; there should be plenty of water; at the end of 10 or 12 minutes, pour off the water, cover up the rice, and set on the back of the stove on a brick; let it steam there for 15 minutes; if it has been in a sufficiently hot place to steam it will now be done, and every grain will be distinct; pour off the water, and, for every cup of rice, add 1/2 cup milk and stir; the milk is better warmed before adding it to the rice.

#### CASSEROLE OF RICE.

One pound rice, I slice ham, 2 ounces butter, I pint stock. Wash the rice 3 times, drain, and let it simmer with the ham in the

stock till tender; mash it well, and roll into a ball; shape and hollow it out, paint it well with oiled butter, and bake a golden brown.

## RADISHES.

Cut down the tops to within an inch of the roots; wash, scrape off the fibres and arrange tastefully on a dish with bits of ice between them.

#### SUCCOTASH.

Ten ears green corn, I pint Lima beans; cut the corn from the cob, and stew gently with the beans until tender; use as little water as possible; season with butter, salt and pepper; milk if you choose.

## SPINACH.

To a peck well washed and picked spinach take I gallon water and 3 even tablespoons salt; boil for 10 minutes or a trifle more, until tender, drain on a sieve, press a little with your hands or butter-ladle to extract the water; chop it up fine, put it in a stewpan with ½ pound butter, I teaspoon salt, ½ teaspoon pepper, I tablespoon vinegar, and I or 2 of broth or beef stock; set over a bright fire for a few moments, stirring well; lay slices of cold hardboiled eggs over it in the vegetable dish.

# SPINACH, NO. 2.

Pick over carefully, into cold water; drain and place in boiling water with soda the size of a pea; boil 15 minutes; season with salt and pepper, drain thoroughly, press into shape, and put melted butter or Hollandaise sauce on top. Or cut 8 hard-boiled eggs in halves, take out the yolks, slice the whites, and lay over the spinach; set in a warra place, and make the sauce; melt 2 ounces butter, add a little corn-starch to thicken, mix smooth, and pour in 1 pint boiling water, stir until smooth, take from the fire, season with salt, pepper and a little lemon-juice; add the yolks of the eggs, smoothly mixed; let come to a boil, and pour over the spinach.

# SUMMER SQUASII.

These are better when young and tender, which may be known by pressing the nail through the skin; do not peel or take out seeds, but boil whole, or cut across in thick slices; boil in as little water as possible for ½ or ¾ hour, drain well, mash and set on back part of stove or range to dry out for 10 or 15 minutes, stirring occasionally; then season with butter, pepper, salt and a little cream; if old, peel, cut up, take out seeds, boil and season as above.

# WINTER SQUASH.

Cut up, take out inside, pare the pieces and stew in as little water as possible; cook I hour, mash in kettle, and if watery, let stand on the fire a few moments, stirring until dry; season with butter, cream, salt and pepper, being careful that it does not burn. Winter squashes are also cooked by cutting in pieces without paring, baking and serving like potatoes; or they may be cooked in a steamer, and served either in the shell, or scraped out, put in pan, mashed, and seasoned with butter, cream, salt and pepper, and then made hot and served.

# STUFFED SQUASH.

Pare a small squash and cut off a slice from the top; extract the seeds and lay I hour in salt water; then fill with a good stuffing of crumbs, chopped salt pork, parsley, etc., wet with gravy; put on the top slice; set the squash in a pudding-dish; put a few spoons of melted butter and twice as much hot water in the bottom; cover the dish very closely and set in the oven 2 hours or until tender; lay within a deep dish and pour the gravy over it.

# TOMATOES A LA CREAM.

Pare and slice ripe tomatoes—I quart fresh ones or a I-pound can; stew until perfectly smooth, season with salt and pepper, and add a piece of butter the size of an egg; just before taking from the fire stir in I cup cream, with I tablespoon flour stirred smooth in a part of it; do not let it boil after the flour has been put in; have ready in a dish pieces of toast; pour the tomatoes over this, and serve.

#### BROWNED TOMATOES.

Take large round tomatoes and halve them, place them, the skin side down, in a frying-pan in which a very small quantity of butter and lard have been previously melted, sprinkle them with salt and pepper, and dredge well with flour; place the pan on a hot part of the fire, and let them brown thoroughly; then stir, and let them brown again, and so on until they are quite done; they lose their acidity, and their flavor is superior to stewed tomatoes.

#### BAKED TOMATOES.

Cut ripe tomatoes in two, place, skin downward, in a buttered baking-pan, season with pepper and salt, and bake 8 or 10 minutes in a hot oven; put a bit of butter in each on taking them up.

# BROILED TOMATOES.

Choose large, firm tomatoes, cut in halves; lay on a broiler, sprinkle with salt and pepper, and set over charcoals, skin side down, until tender; when done lift to a heated dish, put a lump of butter on each slice, and serve very hot.

#### BAKED TOMATOES AND CORN.

Cut the tops off fine large tomatoes, and scoop out the seeds; set the hollowed tomatoes in a buttered baking-dish, and fill them with corn grated from the cob, and seasoned with pepper, salt and butter; put on the tops, pour a little gravy or some of your soup stock over and around them, and bake, covered, I hour; brown and send to table in the pudding-dish in which they were cooked.

# FRIED TOMATOES.

Cut the tomatoes in slices without skinning, pepper and salt them; then sprinkle a little flour over them, and fry in butter until brown; put them on a hot platter, and pour a little cream into the butter and juice; when boiling hot pour over the tomatoes; this dish is very nice served with birds.

#### FRIED GREEN TOMATOES.

Cut either nearly ripe or green tomatoes into slices, dip in batter and fry in hot fat, same as egg plant.

# ESCALOPED TOMATOES.

Put a layer of thinly-sliced fresh tomatoes into a buttered dish; season with salt, pepper and bits of butter dotted here and there; then put in a layer of bread-crumbs; fill the dish with alternate layers, finishing with crumbs dotted with butter; bake I hour.

#### TOMATO HASH.

Place in a baking-dish alternate layers of sliced tomatoes and chopped cold meat, well seasoned, and pour 2 beaten eggs over the top; bake 10 minutes in a hot oven.

# TOMATOES WITH MACARONI.

Take a quantity of tomatoes, cut them up, and put them into a sauce-pan, with a small piece of butter, pepper and salt; add a few teaspoons of either stock or gravy; keep stirring on the fire until they are reduced to a pulp, pass them through a hair sieve, and dress the macaroni with this sauce and plenty of cheese, freshly grated.

#### STUFFED TOMATOES.

Choose 12 large, round tomatoes; cut them off smooth at the stem end; take out the seeds and pulp; take 1 pound lean steak and 2 slices bacon; chop them fine, with the inside of the tomatoes; season with a finely-chopped onion, fried, I dessertspoon salt, ½ teaspoon white pepper, as much cayenne pepper as you can take on the end of a knife, and I tablespoon finely-chopped parsley; add 4 rolled crackers, and if too stiff, thin with stock, water or cold gravy: fill the tomatoes with this forcemeat, packing tight; sift cracker-crumbs over the top, and bake for I hour in a moderate oven.

## TURNIPS.

Pare and cut into pieces; put them into boiling water well salted, and boil until tender; drain thoroughly and then mash, and

add a piece of butter, pepper and salt to taste, and a small teaspoon sugar; stir until they are thoroughly mixed, and serve hot.

# DICED TURNIPS.

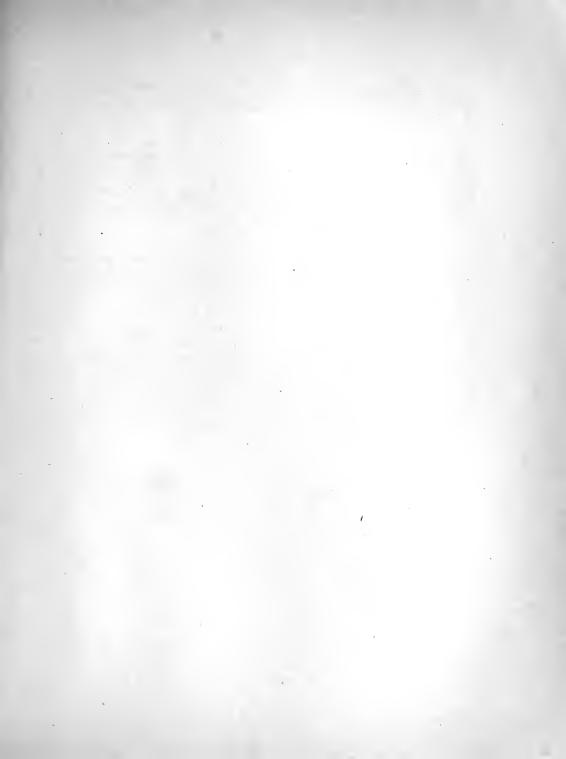
Pare, slice, cut in dice I inch square, boil till nearly done, in as little water as possible; to I quart turnips, add I tablespoon sugar, salt to make it palatable; when they are boiled as dry as possible, add 2 or 3 spoons cream and I beaten egg, and serve. Excellent.

# PUREE OF TURNIPS.

Peel and slice ½ dozen large white turnips; boil them until soft enough to mash, rub them through a colander and return to the fire; beat into them I tablespoon melted butter, I tablespoon cream, and pepper and salt to taste. Serve very hot.

# FRENCH BATTER FOR FRYING VEGETABLES.

Moisten a little flour with water, and add to it a small quantity of salt, I tablespoon olive oil, and I½ spoons French brandy; beat up the mixture thoroughly, and, when you are ready to use it, beat into it the white of I egg previously beaten to a strong froth. This batter may be used for frying sweet entremets, in which case sugar must be used instead of salt.





GOLDEN SANDS.

# CHAPTER XXII.

# THE DINING ROOM.

# THE TABLE.

The advisability of making dishes attractive by dainty serving is not enough appreciated by the busy housewife. It seems so much easier to dish the meat and vegetables "anyhow," than to use the extra exertion needed to make them pretty, that she is apt to grow careless. Habit is everything in such matters. The practice once acquired of arranging the food to please the eye, as well as the palate, the added labor is taken for granted and seldom observed.

For instance, take the various styles of serving potatoes. When baked or boiled in the skins, they should always be wrapped in a large, white napkin, folded to ¼ of its size, and laid in a deep dish, with the corners turned over the contents. Sweet potatoes should receive the same treatment. Fried potatoes, after having been drained entirely of fat, should be heaped on a small, fringed white napkin, lining the dish. Like those cooked in the skins, they "sweat" and become soggy, if laid directly on the china. Stewed potatoes should be sprinkled with finely-minced parsley, and mashed potato, neatly molded.

Bread must be smoothly cut, then piled on a little doyley or Japanese paper mat, laid in the plate. The same course should be pursued with cheese and with crackers. A napkin or doyley should always be placed on the bottom of a cake basket. Croquettes of all sorts should be served on a napkin. Celery should be freed from green or rusty stalks, and arranged in a tall glass or long celery-dish.

Meat dishes should be garnished with sprays of parsley, watercress or celery tops; fish, with these, and with sliced lemon. Carrot tops, or young beet leaves, make a pretty garnish, as do lettuce leaves. The gravy should be served in a boat, unless it is

some sauce expressly intended to be poured over the meat or fish, and even then it is better to reserve part of it and help it out separately, as each plate is filled.

A dish of fruit is twice as tempting if decorated with ivy leaves, ferns, autumn leaves, or any graceful sprays of green. A few bright blossoms produce a pretty effect. Bricks or forms of ice cream should be placed on a napkin, as they are thus more easily helped, and are less likely to melt and float than on the bare dish. A little thought will easily indicate to the housewife the best and simplest methods of serving various viands, and she will devise for herself dainty modes of garnishing and arranging dishes. Whatever tends to make food more appetizing in appearance will render it more so in reality.

When the table-cloth is disfigured by a spot at a single place, this should be concealed by a clean napkin smoothly laid over the unlucky blemish. The knives should never be allowed to appear until all marks of acid, etc., have been polished from them. The silver should be bright and the china and glass free not only from visible dirt, but from the slight roughness to the touch that indicates either want of thoroughness in the wiping or imperfect cleanliness of the towel. The salt-cellars should either be emptied and refilled after every meal, or the top of each be pressed down, specks removed, and more salt put in to take the place of that removed at the last using. There is an unpleasant suggestion in a salt-cellar only  $\frac{3}{3}$  full and bearing the unmistakable imprint of a greasy knife, or worse still, crumbs or bits of other food.

A custom pursued in some households is that of putting on the individual salt-cellars empty and passing around a larger one full of salt and furnished with a saltspoon. Each person is thus enabled to help himself to what he will need for his own wants. The small quantity of salt left in the little cellars may then be thrown away after each repast.

That the people who gather about the board should be scrupulously neat in their personal appearance, should, one would think, go without saying. Still there are families where the father and sons sit down to dinner in their shirt sleeves and with unwashed

hands, and the mother and daughters come to breakfast without collars, and hair in curl-papers or crimping-pins. It is bad enough in men, but unpardonable in the women. What can be more de-appetizing for a man than to seat himself at the breakfast table opposite a row of greasy curl-papers or horn-like crimpers? If bangs or frizzes are absolutely indispensable, let the hair be released from its bonds before each meal and put up again afterward.

Breakfast—The cloth is spread over a sub-cover of heavy Canton flannel—white, of course. If the Canton flannel is not attainable, a clean old blanket, kept for this use alone, may be substituted, The table-cloth lies more smoothly thus than on the bare boards, and the material looks better.

The tea-tray, spread with a pretty tray-cloth, or napkin stands in front of the house-mistress. On it are arranged cups, saucers and spoons, and in convenient proximity are the sugar bowl, slop bowl and cream pitcher. The tea-pot or coffee-urn may stand at her right hand. If the tea is made on the table, as is by far the best and daintiest way, a hot-water pot, supplied with a spirit lamp must be added to the equipage, as well as a tea-caddy. A cosy, or thick wadded cap for the tea-pot, is almost an essential.

In front of the master of the house is laid a mat on which to place any dish of meat it falls to him to serve. Similar mats balance one another on opposite sides of the table and on these are the bread and potatoes. If flowers or a few sprays of ivy or wandering Jew are accessible, they should hold a postion of honor in the center of the table. When these are lacking, the butter-dish may stand there. The pepper-cruets and salt-cellars may be placed at the corners of the table. Casters are entirely out of fashion. A plate should be put at each place, but not face downward. That also is obsolete, as is the custom of putting on tumblers bottom upward. To the right of the plate is laid the knife, with the edge turned from the one who is to use it. Beside this is the folded napkin. To the left of the plate is the fork. Near the point of the knife is the goblet or tumbler, and the individual butter-plate. If oatmeal or porridge of any kind is to be served at the beginning of the meal, a saucer should stand in each plate and a spoon be laid beside it.

The oatmeal should be placed by the hostess, who serves it, adding sugar and cream herself, or passing these, as seems best to her. When this is eaten, the saucers and plates may be removed and hot plates be brought in, together with the rest of the breakfast. The waitress may pass the plates after they are filled, always going to the left of the one she is serving. The vegetables and bread may then be passed, as well as coffee, tea, etc. It saves waiting to put a butter-ball on each individual butter-plate before the family come to the table.

When fruit forms a third course, all other dishes should be removed and the fruit placed on the table. Each person should be provided with a plate bearing a fruit-napkin or doyley, fruit-knife, finger-bowl, and when oranges are to be eaten, a teaspoon. If berries are served, saucers must be provided.

Dinner — For this meal, the table may be set much as it is at breakfast, with the exception of the tea-tray. The soup-spoon may be laid across the top of each place. If salad is to be eaten, 2 forks may be placed at the left hand. A piece of bread may lie by the napkin. The soup-tureen may be set in front of the hostess, who serves it. The soup plates should have been arranged at the different places, each being set in an ordinary plate. When the soup has been carried out, both kinds of plates are taken also. As at breakfast, hot plates must be brought in for the next course. The meat is placed in front of the carver. If there is a waitress in attendance all the time, the dishes of vegetables may be placed on a sideboard, but if not, they may remain on the table, and either be served by members of the family or be passed by the waitress.

This course finished, all dishes are carried out. The meat-platter must be taken first, the vegetables follow and the solid plates come last of all. When salad comes next, the dish of lettuce and an empty bowl are placed in front of the hostess. She spreads a fruit-napkin in the bottom of the empty dish, and after having rinsed her fingers in a finger-bowl, breaks the lettuce apart and drops it into the napkin, to be dried. This done, she turns the lettuce into the bowl and dresses it with a plain French dressing.

Mix and toss all well together, and pass, allowing each guest to help himself.

Before the dessert, the table must be cleared, and the crumbs brushed from the table, into a small tray, using a napkin for this in preference to a brush. The fresh plates or saucers may be put at each place and the dessert set on the table. If fruit is to follow the pastry or pudding, fruit-plates, arranged as directed at breakfast, must be substituted for the dessert-plates when the guests have finished with those. Coffee or tea may come last of all.

Supper—This differs very little from breakfast, except for the omission of the oatmeal. The same general directions may be followed with tolerable safety. A little practice will soon make easy and natural what at first seems awkward and arbitrary. The refinement that marks the table manners of the best bred people arises from their being accustomed to such little niceties as this paper describes.

# A YEAR'S BILL OF FARE.

The following Bills of Fare have been made with especial reference to convenience, economy, and adaptation to the wants of ladies who are so fortunate as to be obliged to look after their own kitchens—not for those who employ professional cooks. The recipes referred to are all contained in this book, and may be quickly found by reference to the index. The bills of fare are not, of course, arbitrary, from the fact that latitude and longitude make a difference in the season and available kinds of food, but are intended to suggest such a variety as will meet the wants of the whole family. A daily reference to these pages will, we feel sure, save the house-wife much puzzling over the question, "What shall we have for dinner?"

For the sake of brevity, coffee, tea, chocolate, and the like have not been mentioned in the bills of fare. They are, of course, appropriate to any meal, and are to be used according to taste; and the same may be said of oatmeal and cracked wheat, which is a standard dish with many.

The housekeeper should aim at a variety on successive meals rather than in the same meal, remembering that a few dishes daintily cooked and served make a far more attractive dinner than many dishes less perfectly cooked and served.

# JANUARY.

MONDAY. Breakfast — Milk toast, rolls, broiled steak, fried apples. Dinner — Roast duck, apple sauce, beef stew, mashed turnips, baked sweet potatoes, celery; plum pudding with sauce, fruit cake, oranges. Supper — Light biscuit, cold meat, whipped cream with preserves, sliced beef.

TUESDAY. Breakfast — Waffles, broiled fish, fried raw potatoes. Dinner — Tomato soup, salmi of duck, roasted potatoes, cabbage salad, canned pease, celery sauce; pumpkin pie. Supper — Toasted muffins, cold tongue, tea rusk, baked apples.

WEDNESDAY. *Breakfast*—Griddle cakes, pig's feet souse, baked potatoes. *Dinner*—Boiled bacon with cabbage, potatoes, turnips, carrots, onion sauce, chicken pie; bread pudding with sauce. *Supper*—Biscuit, cold bacon shaved, bread and milk, sponge cake and jelly.

THURSDAY. Breakfast—Hot rolls, corned beef hash, potato cakes. Dinner—Escaloped turkey, baked potatoes, pickled beets; cottage pudding, cake. Supper—Cold rolls, frizzled, dried beef hot buns, fried apples.

FRIDAY. Breakfast—Graham gems, broiled mutton, fried potatoes. Dinner—Turkey soup, roast beef with potatoes, stewed tomatoes, celery; rice pudding, mince pie. Supper—Cold buns, sliced beef, Indian pudding (corn mush) and milk, sponge cake, sauce.

SATURDAY. *Breakfast* — Steamed toast, fried mush and maple syrup, fried liver and bacon. *Dinner* — Meat pie with chili sauce, mashed turnips, stewed corn; apple dumplings with sauce. *Supper* — Tea rolls, sardines with sliced lemon, rusk, jelly.

SUNDAY. Breakfast — Buckwheat cakes, croquettes of sausage

meat, breakfast hominy. *Dinner*—Roast turkey, mashed potatoes, Lima beans, cranberry sauce, celery; mince pie, ambrosia cake. *Supper*—Cold biscuit, sliced turkey, cranberry jelly, eggless cake, apple sauce.

## FEBRUARY.

Monday. Breakfast—Corn pone, ham and eggs, potatoes a la Lyonnaise. Dinner—Whole boiled potatoes and carrots, baked heart, stewed tomatoes; ginger pudding, fruit sauce. Supper—Toasted pone, cold heart sliced, plain bread, quince preserves with whipped cream.

TUESDAY. *Breakfast* — Buckwheat cakes, broiled sausage, chipped potatoes, toast. *Dinner* — Celery soup, roast mutton, mashed potatoes, baked macaroni, celery, currant jelly; chocolate blanc mange, peach pie. *Supper* — Cold mutton sliced, currant jelly, buttered toast, rusk, stewed apples.

WEDNESDAY. Breakfast—Graham bread, broiled bacon, fried potatoes. Dinner—Boiled corned beef with horse-radish sauce, boiled potatoes and turnips, slaw; hot apple pie with whipped cream, oranges and cake. Supper—Toasted Graham bread, cold corned beef sliced, grape jelly, hot buns, cake.

THURSDAY. Breakfast—Broiled fish, corn batter cakes, potato rissoles. Dinner—Roast beef with potatoes, tomatoes, canned beans, celery sauce; tapioca cream, cake. Supper—Cold roast beef, drop biscuit, floating island, tea cakes.

FRIDAY. Breakfast—Broiled oysters on toast, tomato sauce, flannel cakes with honey or maple syrup. Dinner—White soup, baked or boiled fish if fresh, or fricassee, if canned, mashed potatoes, fried parsnips, cabbage salad a la mayonnaise; apple dumplings with sauce. Supper—Dried beef shaved and warmed up in butter, hot corn mush with milk, canned fruit and light cakes.

SATURDAY. *Breakfast* — Broiled mutton chops, toast, rolls, scrambled eggs. *Dinner* — Beef soup, boiled potatoes, boiled ham, cabbage, parsnips, mixed pickles; cottage pudding with sauce, pie. *Supper* — Light biscuit, cold ham shaved, apple croutes, plain rice with sugar and cream.

SUNDAY. Breakfast—Sally Lunn, ham balls, fried raw potatoes. Dinner—Oyster soup, roast duck, baked potatoes, mashed turnips, cranberry sauce, celery; mince pie, oranges, iced cakes. Supper—Cold Sally Lunn, cold duck, dried apple sauce, cakes.

## MARCH.

MONDAY. Breakfast — Griddle cakes, chicken croquettes, potatoes, escaloped eggs. Dinner — Soup; boiled beef's tongue dressed with sauce piquante, stewed potatoes, boiled onions; pudding. Supper — Cold biscuit, shaved tongue, orange sauce, cake.

TUESDAY. Breakfast—Buttered toast, pork chops broiled, stewed potatoes. Dinner—Tomato soup, pigeon pie, creamed potatoes, canned corn or beans, pickles; steamed pudding with sauce, almonds, raisins. Supper—Plain bread, sardines with lemon, light coffee cake or sweet buns and jam.

WEDNESDAY. *Breakfast* — Griddle cakes, broiled mutton chops, potatoes. *Dinner* — Beef soup, broiled steak, boiled potatoes, salsify, oyster salad, sweet pickles, transparent pudding, cream puffs, oranges. *Supper* — Graham biscuit, cold meat, apple fritters with sugar, sponge cake.

THURSDAY. Breakfast—Graham bread, broiled fish, potatoes. Dinner—Corned beef boiled with turnips or parsnips, canned corn, boiled onions, horse-radish sauce; cocoanut pie. Supper—Toasted graham bread, cold beef shaved, warm rusk and jelly.

FRIDAY. Breakfast—Corn batter cakes, broiled bacon, boiled eggs, or omelette souffle. Dinner—Veal broth, baked or boiled fish or steaks of halibut, mashed potatoes, stewed carrots, onion sauce; eggless ice cream, apples and nuts. Supper—Pates of fish, plain bread, toasted rusk, sweet omelette and sauce.

SATURDAY. Breakfast — Bread puffs, fried liver, boiled eggs, potatoes. Dinner — Bean soup, escaloped oysters, tomatoes, pickled beets; kiss pudding with sauce, pie. Supper — French rolls; cold tongue, bread fritters, cake and canned fruit.

SUNDAY. Breakfast—Baked beans with pork and Boston brown bread, omelette. Dinner—Roast turkey, potatoes, canned

corn, plum jelly; Charlotte russe, sponge cake and jelly. Supper—Cold turkey, cranberry jelly, canned fruit, jam and cake.

# APRIL.

MONDAY. *Breakfast*—Rolls, veal chops, fried raw potatoes. *Dinner*—Rice soup, roast beef, turnips, potatoes, tomato sauce, pickled oysters; baked custard, pie. *Supper*—Cold rolls, omelette, cold beef sliced, cake and jam.

TUESDAY. Breakfast—Muffins, fried liver, fried potatoes. Dinner—Mutton soup, mutton garnished with eggs, pickles, creamed potatoes, canned tomatoes; bread pudding with sauce. Supper— Toasted muffins, sliced mutton, sponge cake and jelly.

WEDNESDAY. *Breakfast*—Flannel cakes, minced mutton or broiled chops, breakfast potatoes. *Dinner*—Roast pork, apple sauce, mashed potatoes, fried parsnips, lettuce; lemon pudding, jelly cake. *Supper*—Yankee dried beef, soda biscuit and honey, floating island.

THURSDAY. *Breakfast*—Sally Lunn, veal cutlets, potato cakes. *Dinner*—Baked stuffed heart, potatoes, turnips, canned corn, pickled eggs; cup custard, peach tapioca pudding. *Supper*—Light biscuit, cold sliced heart, bread fritters with sugar, cake and sauce.

FRIDAY. *Breakfast*—French rolls, broiled fish if salt, fried if fresh, fried raw potatoes, tomato sauce. *Dinner*—Soup, baked or boiled fresh fish, mashed potatoes, canned peas or beans, lettuce, onions; English pudding, jelly tarts. *Supper*—Cold rolls, bologna sausage sliced, steamed crackers, cake and preserved fruit.

SATURDAY. *Breakfast*—Batter cakes, broiled chops, scrambled eggs, potato rissoles. *Dinner*—Bean soup, broiled beefsteak, spinach, potatoes, pickled beets; pudding with sauce, oranges and cake. *Supper*—Toasted bread, cold tongue sliced, hot buns and marmalade.

SUNDAY. *Breakfast*—Baked beans and Boston brown bread, omelette with parsley. *Dinner*—Vermicelli soup, baked shad or croquettes of canned lobster, broiled squabs or pigeon pie, mashed potatoes, turnips, asparagus, spring cresses, dressed lettuce, grape jelly; custard pie. *Supper*—Plain bread, canned salmon, cold buns, jelly, sponge cake.

## MAY.

MONDAY. Breakfast—Gems, dry toast, potato cakes, broiled beefsteak. Dinner—Roast of mutton with potatoes, canned tomatoes, rhubarb sauce; baked custards, fruit cake. Supper—Cold biscuit, sliced mutton, currant jelly, sweet buns, cream.

TUESDAY. Breakfast—Corn cakes, fried pickled tripe, scrambled eggs, potatoes. Dinner—Boiled beef with soup, whole potatoes, asparagus with eggs; cocoanut pudding, jelly. Supper—Plain bread, cold beef, toasted buns with strawberry jam or canned fruit, cake.

WEDNESDAY. *Breakfast*—Dropped eggs on toast, broiled ham, potatoes. *Dinner*—Boiled tongue with Chili sauce, fricasseed potatoes, cresses, boiled asparagus; ice-cream, sponge cake. *Supper*—Tea biscuits, shaved tongue, sago jelly, lady cake.

THURSDAY. Breakfast—Graham bread, fried mutton chops, fried raw potatoes. Dinner—Asparagus soup, roast of veal with potatoes, stewed onions, pickled beets; cake, orange float. Supper—Toasted Graham bread, sliced veal, tea rusk, lemon jelly.

FRIDAY. Breakfast—Muffins, broiled beefsteak, poached eggs, chipped potatoes. Dinner—Baked or boiled fish (if large, or fried small fish), boiled potatoes in jackets, lettuce salad; custard pie. Supper—Toasted muffins, cold rusk with strawberries, or marmalade, cake.

SATURDAY. *Breakfast*—Bread puffs with maple syrup, fricasseed potatoes, croquettes of fish. *Dinner*—Boiled leg of mutton mint sauce, asparagus, boiled macaroni, potatoes; bread pudding. *Supper*—Cold rolls, cold mutton sliced, plain boiled rice with cream and sugar.

SUNDAY. Breakfast—Rice waffles, mutton croquettes, boiled eggs, fried raw potatoes. Dinner—Soup, roast beef, clam pie, new potatoes, tomatoes, dressed lettuce, young beets, strawberry cream and snow custard, coffee and macaroons. Supper—Light rolls, cold beef, cake and jelly, or strawberries.

# JUNE.

MONDAY. Breakfast — Oranges, French rolls, broiled liver, scrambled eggs. Dinner—Roast beef, mashed potatoes, beets, salmon

salad; boiled rice with cream. Supper—Plain bread, Graham bread, bologna sausage, rusk with berries.

Tuesday. Breakfast—Rice cakes, lamb chops, boiled eggs, fried potatoes. Dinner—Boiled beef's tongue (fresh) served with Chili sauce, baked potatoes, young beets, lettuce dressed; raspberry cream, cake. Supper—Rolls, sliced beef's tongue, cheese, toasted rusk, berries.

WEDNESDAY. *Breakfast*—Graham gems, muffins, beefsteak, potato cakes. *Dinner*—Soup of stock boiled yesterday with tongue, chicken pie, mashed potatoes and turnips, spinach, lettuce; cream fritters with sauce. *Supper*—Toasted muffins, cold chicken pie, cake and strawberries.

THURSDAY. *Breakfast*—Sally Lunn, veal cutlets, potatoes, radishes. *Dinner*—Ragout of lamb, mashed potatoes, asparagus, lettuce; lemon pudding, pie. *Supper*—Rolls, bread, cold sliced lamb, sliced tomatoes, Swiss cake, berries.

FRIDAY. *Breakfast*—Rolls, breakfast stew, potatoes or tomatoes. *Dinner*—Soup, fresh fish fried or baked, mashed potatoes, asparagus, beet salad; rice pudding, with sauce and cake, oranges. *Supper*—Cold rolls, dried beef chipped, custard cake with fruit or berries.

SATURDAY *Breakfast*—Graham gems, croquettes of fish or breaded veal cutlets, potatoes, escaloped eggs. *Dinner*—Ham boiled with greens, potatoes, beets, young onions; Eglantine pudding, Italian cream. *Supper*—Toasted gems, cold ham, oat-meal with cream, cake and jelly.

SUNDAY. *Breakfast*—Light rolls, broiled beefsteak, sliced tomatoes, omelets. *Dinner*—Vegetable soup, baked chicken, mashed potatoes, green pease, pickled beets; Bavarian cream with strawberries. *Supper*—Cold rolls, cold chicken, toast with jelly, fruit.

# JULY.

MONDAY. Breakfast — Griddle cakes, broiled ham, tomato omelette, radishes. Dinner — Baked lamb, green pease, baked potatoes, squash; rice custard, berries with cream. Supper — Biscuit, cold lamb sliced, cake, ripe currants with cream.

TUESDAY. Breakfast—Rice muffins, hash on toast, tomatoes. Dinner—Economical soup, stuffed fillet of veal, green pease, mashed potatoes, beet salad; blackberry pudding with sauce, cake. Supper—Buttered toast, cold sliced meat, blackberries with cream.

WEDNESDAY. Breakfast—Rolls, vegetable hash, broiled beefsteak, cottage cheese. Dinner—Mock (or real) turtle soup, baked heart, baked potatoes, stewed beans; chocolate pudding, cocoanut cake. Supper—Cold rolls, sliced heart, cottage puffs, berries.

THURSDAY. Breakfast—Cream toast, fried liver, dropped eggs, fricasseed potatoes. Dinner—Clam pie, boiled ham, mashed potatoes, string beans, lettuce; blackberry pie. Supper—Plain bread, dried beef frizzled, rice batter cakes with sugar, cake and berries.

FRIDAY. *Breakfast*—Muffins, broiled beefsteak, fried potatoes. *Dinner*—Soup, fish, fresh or canned, whole potatoes, pease, squash, lettuce; chocolate cream. *Supper*—Toasted muffins, cold pressed meat, corn meal mush with cream, cake and fruit.

SATURDAY. Breakfast — Plain bread, veal sweetbreads, fried mush, boiled eggs. Dinner—Boiled ham with potatoes, cabbage, string beans; warm gingerbread, pie. Supper—Dry toast, cold ham shaved, rusk, blackberries and cream.

SUNDAY. *Breakfast*—Vienna rolls, fried chicken with cream gravy, fried tomatoes, cottage cheese. *Dinner*—Barley soup, roast of beef with potatoes, stewed tomatoes, cucumbers, wilted lettuce; Charlotte russe. *Supper*—Cold rolls, sliced beef, blackberries, cake.

#### AUGUST.

MONDAY. Breakfast—Dropped eggs on toast, roast beef warmed up with gravy, tomato omelette. Dinner—Baked lamb, creamed cabbage, stewed tomatoes; cream pudding. Supper—Buns, cold lamb sliced, preserve puffs, apple sauce.

TUESDAY. Breakfast—Plain bread, hash, stewed tomatoes. Dinner—Corn soup, beef a la mode, boiled potatoes, green corn pudding, sliced tomatoes; tapioca cream. Supper—Milk toast, cold pressed meat, chocolate custard.

WEDNESDAY. Breakfast—French rolls, broiled beefsteak, baked potatoes, cottage cheese. Dinner—Soup with chicken,

celery, mashed potatoes, stewed beans, sliced cucumbers and onions; watermelon. Supper—Cold rolls, chicken salad, apple sauce, schmier kase.

THURSDAY. *Breakfast* — Cream toast, fried liver, potato cakes, stewed tomatoes. *Dinner* — Roast leg of mutton with potatoes, green corn, tomatoes; musk melon. *Supper* — Plain bread, dried beef with gravy, boiled rice with cream, berries.

FRIDAY. Breakfast—Rice cakes, waffles, mutton stew, fried potatoes. Dinner—Meat pie, young corn, boiled cauliflower; grapes, plain cake. Supper—Toast, cold pressed meat, Graham mush with cream, cake and berries.

SATURDAY. *Breakfast* — Bread, broiled bacon, Graham mush fried, boiled eggs. *Dinner* — Soup, boiled ham with potatoes, cabbage, string beans; lemon pie. *Supper* — Light biscuit, cold ham shaved, cake and peaches.

SUNDAY. *Breakfast*—Nutmeg melons, fried chicken with cream gravy, fried tomatoes, cottage cheese, fritters. *Dinner*—Soup, roast loin of veal, mashed potatoes, creamed cabbage, tomatoes; tapioca pudding, watermelon. *Supper*—Cold rolls, sliced veal, cake and fruit.

#### SEPTEMBER.

MONDAY. Breakfast—Graham bread, rolls, fried liver, fried tomatoes. Dinner—Soup, roast beef, potatoes, green corn, fried egg plant, salad; watermelon. Supper—Toasted biscuit, cheese, cold beef, fruit.

TUESDAY. Breakfast—Buttered toast, hash, green corn, fried oysters. Dinner—Meat pie, potatoes, young turnips, stewed onions, pickled beets; apple dumplings with cream sauce, peach pie. Supper—Canned salmon, cold roast beef, biscuit and jam, cake.

WEDNESDAY. *Breakfast*—Hot muffins, broiled chickens, cucumbers. *Dinner*—Roast mutton, baked sweet potatoes, green corn, apple sauce, slaw; bread pudding with sauce. *Supper*—Toasted bread, sliced mutton, baked pears.

THURSDAY. Breakfast - Corn gems, rolls, stew of mutton,

tomatoes. Dinner—Veal pot pie, Lima beans, baked egg plant; peach meringue, lady cake. Supper—Pressed chicken, omelet, biscuit, baked sweet apples.

FRIDAY. Breakfast—Batter cakes, veal croquettes, fried apples, potatoes. Dinner—Soup, boiled or baked fish with potatoes, green corn, tomato slaw; peaches and cream, cake. Supper—Cold tongue, light biscuit, bread and iced milk, cake and fruit.

SATURDAY. Breakfast—Short cake, mutton chops, potatoes. Dinner—Soup, boiled leg of mutton, caper sauce, potatoes, squash, pickled beets: apple meringue, cake. Supper—Cold meat, warm rolls, grapes, cake.

SUNDAY. *Breakfast*—Rolls, breakfast stew, potatoes, stewed okra. *Dinner*—Broiled chicken, sweet potatoes, boiled cauliflower, plum sauce, cabbage salad; ice-cream, cake. *Supper*—Sliced veal, biscuit, floating island, baked pears.

#### OCTOBER.

MONDAY. Breakfast—Graham gems, broiled mutton chop, baked eggs, croquettes of cold vegetables. Dinner—Soup, roast beef with potatoes, carrots, plain boiled rice; baked custard, grapes. Supper—Cold beef sliced, bread, rice fritters with sugar.

TUESDAY. Breakfast—Hash, fried okra, fried fish, biscuit. Dinner—Boiled mutton with soup, celery, slaw; sliced pine-apples, cake. Supper—Sliced mutton, cottage cheese, bread, cake, grape jam.

WEDNESDAY. Breakfast—Brown bread, corn batter cakes, croquettes of mutton and vegetables. Dinner—Beef a la mode, mashed potatoes and turnips, succotash; apples, grapes, pie. Supper—Sliced beef, bread, cake, baked pears.

THURSDAY. Breakfast—Toast, croquettes of cold beef and vegetables. Dinner—Soup, fried or smothered chickens, mashed potatoes, Lima beans, pickles; bird's nest pudding, cake. Supper—Canned corned beef, sliced, rolls, cake, jam.

FRIDAY. Breakfast—Mutton chops, fried potato cakes, muffins. Dinner—Baked or boiled fish, boiled potatoes, corn, delicate cabbage; peach meringue, cake. Supper—Bologna sausage, toasted muffins, honey, cheese, cake.

SATURDAY. *Breakfast*—Plain bread, veal cutlets, cracked wheat. *Dinner*—Boiled beef with vegetables; cocoanut pudding. *Supper*—Soused beef, light biscuit, fried apples, cake.

SUNDAY. *Breakfast* — Vegetable hash, fried oysters, stewed tomatoes. *Dinner* — Broiled pheasant or chicken, sweet potatoes, tomatoes; peach meringue pie, plum jelly, cake. *Supper* — Cold beef sliced, rusk, baked apples.

# NOVEMBER.

MONDAY. Breakfast—Poached eggs on toast, broiled pork, potato cakes. Dinner—Roast beef, sweet potatoes, boiled turnips, chicken salad; economical pudding. Supper—Rolls, oatmeal mush, cold roast beef, cranberry tarts, cake.

TUESDAY. *Breakfast*—Graham bread, beef croquettes, potatoes. *Dinner*—Spiced beef tongue, baked potatoes, macaroni with cheese; grapes, pie. *Supper*—Toasted graham bread, cold tongue, baked pears, cake.

WEDNESDAY. *Breakfast* — Griddle cakes, broiled mutton chops, potatoes. *Dinner* — Soup, oyster pie, baked sweet potatoes, diced turnips, celery; apple pie with whipped cream. *Supper* — Cold rolls, chipped beef, custard cakes, marmalade.

THURSDAY. Breakfast—Waffles, broiled ham, fried sweet potatoes. Dinner—Brown stew, baked potatoes, plain rice, slaw; pumpkin pie. Supper—Cold sliced beef, short cake, jam.

FRIDAY. *Breakfast* — Corn batter cakes, broiled sausage, chipped potatoes. *Dinner* — Roast pork, apple sauce, mashed potatoes, turnips, cabbage; prune whip, cake. *Supper* — Light biscuit, bologna sausage, baked quinces, Swiss cakes.

SATURDAY. *Breakfast*—Graham gems, veal cutlets, potatoes. *Dinner*—Chicken pot pie, vegetables; warm apple pie, cake. *Supper*—Toasted gems, dried beef, baked apples, cake.

SUNDAY. *Breakfast* — Cream toast, broiled oysters with pork, fried raw potatoes. *Dinner*— Oyster soup, roast goose, baked potatoes, boiled onions, cranberry sauce, celery; peach pie. *Supper*— Cold biscuit, sliced goose, grapes, cakes.

## DECEMBER.

MONDAY. Breakfast—Graham bread, griddle cakes, breakfast stew, fried potatoes. Dinner—Soup, boiled corned beef with turnips, potatoes and cabbage; baked apple dumplings with sauce. Supper—Biscuit, cold beef, canned cherries, cake.

TUESDAY. Breukfast—Buttered toast, fried apples, cold turkey broiled. Dinner—Roast turkey, cranberry sauce, potatoes, canned corn; canned fruit and cream. Supper—Cold turkey, mush and

milk, buns, jam.

Wednesday. Breakfast—Corn muffins, breaded veal cutlets, Saratoga potatoes. Dinner—Stewed oysters, roast mutton with potatoes, tomatoes, celery; pine-apple ice-cream, jelly, cake. Supper—Toasted muffins, cold mutton slicea, apple croutes.

THURSDAY. Breakfast—Hot rolls, scrambled eggs, breakfast stew Dinner—Roast quail or fowl, baked potatoes, Lima beans, celery, pumpkin pie. Supper—Cold rolls, cold tongue sliced,

baked apples, tea cakes.

FRIDAY. Breakfast—Buckwheat cakes, smoked sausage broiled, hominy croquettes. Dinner—Baked or boiled fish, mashed potatoes, squash, cabbage salad; hot peach pie with cream.

Supper - Light biscuit, steamed oysters, canned fruit with cake.

SATURDAY. Breakfast — Buckwheat cakes, rabbit stew, potato cakes. Dinner — Chicken fricassee, baked potatoes, baked turnips; cottage pudding with sauce. Supper — French rolls, Welsh rarebit, cake, jam.

SUNDAY. *Breakfast* — Muffins, broiled spare-ribs, fried potatoes. *Dinner*—Soup, roast turkey garnished with fried oysters, mashed potatoes, turnips; cranberry sauce, celery, pudding. *Supper*—Biscuit sandwiches, cold turkey, jelly and cake.

# THANKSGIVING DINNER.

Oyster Soup.

Celery.

Roast Turkey, with Cranberry Sauce.

Roast Pig.

Mashed Potatoes. Baked Sweet Potatoes. Carrots with Cream.

Mashed Turnips. Boston Baked Beans.

Minced Cabbage.

Pumpkin Pie.

Plum Pudding.

Fruit.

Nuts.

Cheese.

Tea and Coffee.

#### CHRISTMAS DINNER.

Baked Fish, Hollandaise Sauce. Clam or Oyster Soup. Celery. Roast Turkey, Oyster Dressing. Celery or Oyster Sauce. Roast Duck, Onion Sauce.

Baked Potatoes. Sweet Potatoes. Baked Squash. Mashed Turnips. Canned Corn. Stewed Tomatoes.

Graham Bread.

Rolls.

Salmon or other Salad.

Plum Pudding.

Peach Pie.

Fruit and Nuts.

Coffee and Chocolate.

# ECONOMICAL DINNERS.

SUNDAY—Roast beef, potatoes, and greens. Dessert—Pudding, or pie, cheese.

MONDAY—Hashed beef, potatoes and bread pudding.

TUESDAY—Broiled beef, vegetables, apple pudding.

WEDNESDAY-Boiled pork, beans, potatoes, greens, and pie or rice pudding.

THURSDAY-Roast or broiled fowl, cabbage, potatoes, lemon pie, cheese.

FRIDAY—Fish, potato croquettes, escaloped tomatoes, pudding. SATURDAY—A la mode beef, potatoes, vegetables, suet pudding and mince pie, cheese.

# COLD LUNCHES FOR WASHING DAYS, OR OTHER DAYS OF EXTRA LABOR.

LUNCH, NO. 1—Cold corned beef, nicely sliced, baked potatoes, bread, butter and pickles. Dessert—Mince pie and cheese.

Lunch, No. 2—Chicken pie, baked potatoes, rolled bread or biscuit. Dessert—Cake and custard.

LUNCH, No. 3—First course: Raw oysters, with lemon and crackers. Second course: Cold veal, with jelly and Saratoga potatoes; bread and butter. Dessert—Cherry pie with cheese.

LUNCH, No. 4— Casserole of fish, with mushroom catsup, bread and butter. Dessert—Pie and cheese.

# REFRESHMENTS FOR TWENTY PERSONS.

One gallon oysters, 3 chickens and 8 bunches celery for salad, 50 sandwiches, 1 gallon ice cream, 2 molds Charlotte russe, 2 quarts jelly, 1 light and 1 dark fruit cake, 2 layer cakes, 1 white or sponge cake, 1½ pints ground coffee and 1 gallon water.

# REFRESHMENTS FOR ONE HUNDRED.

Two gallon pickled oysters, 2 large dishes lobster salad, 2 small hams, sliced cold, 5 cold tongues sliced thin, 12 jellied or pressed chickens, garnish meats with celery sprigs, sliced lemon and red beets, curled leaves of celery or center leaves of lettuce; 1½ gallons gherkins, 12 dozen biscuit sandwiches, 6 to 10 quarts jelly, 4 gallons ice-cream, 15 assorted cakes, fruit, delicate, layer and sponge, 12 dozen macaroons, 4 large dishes assorted fruits, coffee (see recipe "Coffee for one hundred" in drink) to serve at beginning, and 6 gallons lemonade to serve at close.

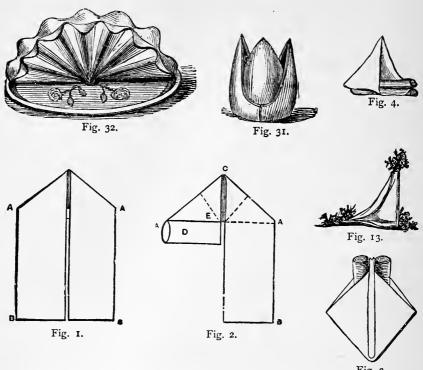
# CHAPTER XXIII.

# FOLDING NAPKINS.

Almost any amount of fancy or ingenuity can be displayed in folding serviettes or table-napkins. To make them look well, or even to succeed in the more elaborate styles of folding, napkins are required very fine, exactly square, not too large, to be starched. and folded quite damp, every fold creased in place with a clean hot The pantry or housekeeper's room is the place for folding the napkins, which may then be brought to table on a tray; but a lady may place a board covered with flannel on a small, light table, put the iron stand upon it, and shift it down the outside of the dinner-table as she folds, so as to place each napkin as it is done on a plate. A second iron must be heating to exchange with the one in use, for, unless very hot, the napkins will not be stiff enough. The shell and the Victoria Regia and the basket require them very stiff. If at any time the folding of a napkin is unsatisfactory, on no account attempt to refold the same; it is impossible to succeed with one already creased. Throw it aside to be re-damped or re-starched, which will take but a few moments, and meanwhile proceed with fresh ones.

Napkins folded in alternate patterns down a table look well, such as mitres and shells, and there may be flowers placed in the shells. Figs. 31, 13, 4 and 32—the mitre, the cornucopia, the pocket and the shell—are perhaps the best of these designs. The commoner kinds of folding can be achieved without the aid of starch, or even without an iron, although they look much better so assisted. The very simplest folds look extremely pretty, if carefully done. They are not folded after they have been once used; when for the family the same are likely to come to table again, a ring is placed beside each person, and the article rolled and slipped into it after use the first time, and brought to table again in the ring, the mark on the ring distinguishing the napkin of each person.

THE POCKET.—One of the simplest styles is to fold the napkin twice, lengthways; then, like Fig. 1, keeping the whole of the fold

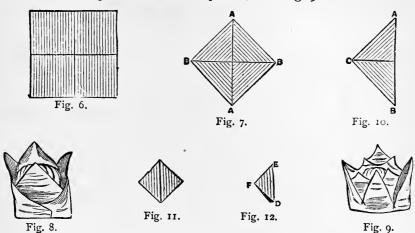


at the top, and the edges at A A and BB; roll up the ends at B to A, one at a time, as in Fig. 2, but roll them the reverse way to Fig. 2—that is, under, not over. When both ends are rolled up as close as E, with a twist of the hand bring the ends of the rolls, D, to the point C, like Fig. 3. Then lay the part shown in Fig. 3 flat on the table, and set up the diamond-shaped fold at the top with the hands; slip the dinner roll or slice of bread into the hollow. Before the bread is put in, Fig. 4 represents the form of the folded napkin.

CROWN PATTERN.—This requires the damask to be very stiff. Halve and quarter it each way, like Fig. 6; bring all the corners very exactly to the centre, like Fig. 7; bring the four corners of

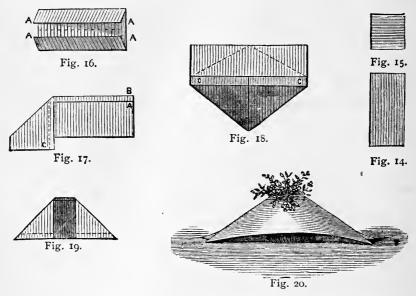
Fig. 7 also to the centre, and smooth them at the crease; then form it into the crown by folding the corners at A A in Fig. 7, and slipping them into similar folds at B B, bringing the napkin round and upright in the form of a crown (Fig. 8).

THE FLOWER.—To make this way of folding resemble a flower, copy Fig. 6 and then Fig. 7; bring all the corners of Fig. 7 nearly, but not quite, to the centre for the second fold; finish it as before and then curl up the four centre points, like Fig. 9.



THE CORNUCOPIA looks very pretty down a long dinner-table. Fold the napkin in a half, lengthways; then fold it like Fig. 10, the hems at the broad end. Take the corners A and B, bring them back again to the corner C, like Fig. 11. Double Fig. 11 together down the centre. This represents Fig. 12. At D, in Fig. 12, three folds exist, two outer and one inner. Set Fig. 12 upright, over the dinner roll with three of these folds to one side. Shape it nicely, keeping the space from E to F close. To carry out the idea of the cornucopia, a few flowers and leaves may be placed in the manner shown in Fig. 13, the stalks slipped under the edge, but must not be done too profusely. When the napkins are removed by the guests, the flowers will be taken away by the waiter on the plates, and can be transferred to the finger-bowls.

THE COCKED HAT is made by folding the napkin first in half one way, and then in half the other way, and once more in half, lengthways, in the way illustrated by Figs. 14 and 15. Then make a fold still lengthways, turning one way and one the other, not quite to the top. This fold is shown by AAA in Fig. 16. The napkin is supposed, in this diagram, to be laid flat on the table, the dotted line in the centre marking the fold, which is shown in Fig. 17 by the line at B. The lines in Fig. 16 from A to A and A to A,



are the folds to be made lengthways, not quite meeting the top, with the hemmed edges upwards where the lines are marked. The napkin is supposed to be doubled in half again in Fig. 17, with the hems outside at the line A, on each side of it; then fold as in Fig. 17, first one side and then the other, and iron down the crease; then partly unfold one side, as shown in the diagram, Fig. 18. The dotted lines mark the creases in the unfolded part, and C and C show how the pieces marked C, in Fig. 17, is turned down. The piece raised is now folded down again, the dotted line, creased, passed over the other side, and the ends tucked in and creased

down flat. The napkin now resembles Fig. 19. Arch it nicely over the dinner roll, and put a spray of flowers at the top to resemble the feather in a cocked hat, in the manner shown in Fig. 20.

THE BASKET.—Fold a napkin twice, like Figs. 14 and 15, once longways, and the second time across. This is to reduce its size.

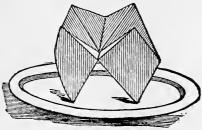


Fig. 24.

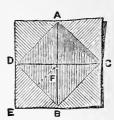
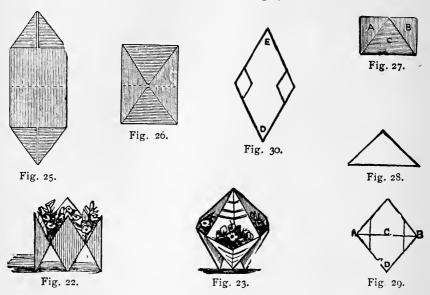


Fig. 21.

Fold the 4 points to the center, like Fig. 7; turn it over on the other side, and again fold the 4 points to the center; again turn it face downward, and, with the other side up, turn back the 4 corners, Fig. 21; fold it from A to B, Fig. 21, and C to D, both folds to be made keeping the part uppermost outward. Open the last fold from C to D, and bring the shoulder B to the shoulder D by a fold at the dotted line between E. Repeat the same fold as that at E all round. The napkin will now stand on end as a basket, by standing it on its legs at E and the other 3 corners, and opening it back at F, in the way shown by Fig. 24. Fill the spaces with a few flowers, or cut the roll in 4, put a portion in each, and just a flower or two. This pattern placed the reverse way on the plate also looks well, the dinner roll in the center outside, Fig. 23; it requires the napkin to be very stiff, and exact in the folding. In Fig. 22 the bread is to be placed underneath.

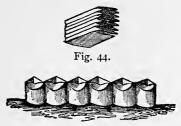
THE MITRE.—First fold the napkin in half; then fold down the corners as shown in Fig. 25; turn these corners down again, to meet in the middle, which is indicated by a dotted line. The napkin now looks like Fig. 26. Fold this in half at the dotted line in

the center, bringing the 2 points back to back, for the fold is made outward. Fig. 27 is the result. Fold over the 2 ends A and B, and produce Fig. 28. Let down the point C in Fig. 27, and fold the corners inside it; fold back C in its place again, turn the napkin over, and let down the point like C on the other side. The napkin now resembles Fig. 29. Fold it down at the dotted lines, turning the points A and B toward C. Fig. 30 is the figure now represented; D is the point let down; turn it up again to E; slip the hand inside the hollow underneath the napkin, and shape the mitre nicely, and then place it over the dinner roll, like Fig. 31.



THE SHELL.—This is another very pretty and marked device. Lay the napkin flat on a table, and fold two sides to meet in the center lengthways, like Fig. 36; fold it across the center, and bring the side A A to meet the side B B. The hems are kept inside in this fold. The long, narrow piece thus formed must be folded in six equal pieces, and pressed close. It now resembles Fig. 44. Partly open it, and turn down the tops of the folds all along where the fold is double, in the manner shown by Fig. 35. Some can turn

these down better if the lower end is kept close like a fan. When these corners are turned down, draw the end together, and pinch it firmly as a fan, and then set it upright on the plate, the two end folds level with the plate, like Fig. 32. If properly done, it stands



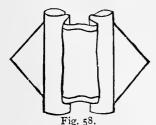
E 8

Fig. 36.

Fig. 35.

well. It is a very pretty addition to put alternately in each scallop of the shell a small flower and a leaf. Scarlet geraniums look exceedingly well.

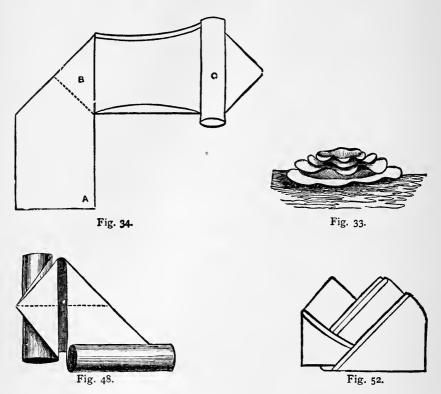
THE VICTORIA REGIA.—Fold a napkin in half, and again in half, lengthways, keeping the hems to the edge; fold it a third time, also lengthways; then set it in twelve folds, like Fig. 44, as the shell was made, only the napkin is now only half the width, and there are twice as many folds. The corners are turned down (Fig. 35) as they were for the shell, beginning with the first hem; undo the plaits as little as possible; turn the first hem completely back, to make the first row of petals; turn back the second hem the





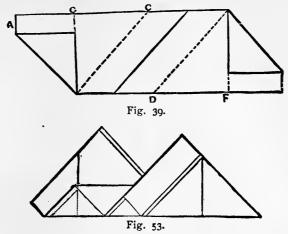
same way, not quite so far; then turn down the first fold, which comes next, to form petals to meet those already made. The last fold is not turned down (see Fig. 40). Bring the two ends of the napkin together to form a round; the inner edges are thus forced

up as a heart. A rosette is the figure formed, and the rosette represents the Victoria Regia (Fig. 33). A few small flowers, or even a small rose, look well arranged in the center. This shape is difficult to make, and requires very stiff damask. The petals need to be nicely set with the fingers to resemble it.



To fold Fig. 58. Fold the napkin 4 times lengthways. Fold down one end as observed at A in Fig. 34—not to the center by a couple of inches. Fold again at the dotted line B. Roll the end A as shown at C. Fig. 48 illustrates the process. Fig. 58 shows the complete design.

THE TIARA.—Double the napkin 4 times lengthways. Fold down each corner, as shown in Fig. 39. Then fold by the lines across C D, and represent Fig. 53. Push the folds close together.



Fold in half at the center line, and tuck in the corners. Open the design by placing the hand inside. It must resemble Fig. 52 when complete.

# CHAPTER XXIV.

# RECEPTIONS AND ENTERTAINMENTS.

#### BREAKFAST PARTIES.

Breakfast parties are a very convenient mode of social entertainment for those whose limited means will not admit of a more extensive display of hospitality.

Costly repasts are not necessarily the best; the dining-room may be so pleasant, the table so dainty and tasteful, the welcome so sincere, that a very unassuming meal may be rendered indescribably charming, and a breakfast given in very simple style, while much less expensive than a dinner, and even less formal than a luncheon, may be made quite as enjoyable as either, as guests usually partake of it before spoiling the appetite by an earlier home meal.

The breakfast hour in America is always earlier than in France or England, where a first breakfast is taken in a very light form, and is from 9 to 12 o'clock, the former being preferred by most people unless upon the occasion of very fashionable affairs.

Invitations to breakfast are written and sent several days beforehand; they may be an informal note or simply written on the lady's visiting cards under the name in this form:

# Breakfast, Tuesday 10 o'clock, February 15.

Like all other invitations these require a prompt and courteous reply.

Very formal breakfasts call for more ceremonious invitations, which like those to dinners or large parties should be engraved on handsome paper.

The unceremoniousness of this early repast requires the appearance of extreme simplicity, but flowers are in good taste, and

prettily arranged with fruits give the table a fresh and attractive look. The table-cloth and napkins should be of fine white damask, or they may be bordered in colors to match the color of the diningroom.

In serving breakfast, the bill of fare, unless for special occasions, should never be elaborate, but rather dainty and attractive, fewer courses of a more delicate variety should be served than at other meals. The hostess dispenses the coffee, tea and chocolate from the head of the table; the substantials are set in front of the host, who may help the plates and hand them to the waiter to serve; the vegetables and other dishes may be handed from the side table.

It is well bred to serve the breakfast with as little formality as possible, and with as few attendants; I servant, a maid, or man servant is sufficient unless the party is unusually large. The following will be found an acceptable bill of fare for an ordinary breakfast party. It can of course be varied to suit the convenience and taste of housekeepers:

Melons. Grapes. Oranges.

Fried Perch with Sauce Tartare. Young Chicken with Cream Gravy.

Dutchess Potatoes Poached Egg on Toast. Broiled Quails.

Baked Mushrooms.

Tomatoes or Celery.

Bread and Butter.

Crackers.

Hot Cakes.

Coffee.

Tea.

Chocolate.

The simplest costume is in good taste for breakfast parties. Gentlemen wear walking suits, and ladies handsome but plain street costumes. Gloves are removed before going to the table.

Each gentleman is given the escort of a lady. The host conducts the lady who is the most distinguished guest to the table, and the hostess follows with the gentleman whom it is desired to honor particularly.

Upon entering the dining-room the ladies are assisted to their seats, and the gentlemen then follow, and the meal is served.

The signal for rising from the table is given by the hostess, with a smile and simple bow, and all proceed to the parlor, exchange a few pleasant remarks, and take their leave.

For informal breakfasts no after-call is expected, but for ceremonious entertainments of this kind the same observance of the rules of etiquette are required as for dinners and large parties.

#### FORMAL DINNERS.

The rules which regulate dinner-giving are generally very well established, and have been adopted from both England and France, with the addition of some of our own national customs.

The first consideration in giving a dinner is a judicious selection of guests, as without it, little enjoyment can be expected. The object of the hostess should be to bring together persons of equal intellectual attainments and mutual sympathies; it is not necessary that they should all be friends, but simply congenial from common tastes and ideas.

A writer on the subject says: "Good talkers are invaluable, and good listeners indispensable."

The dinner is more especially the entertainment of married and older people, but youth, always charming, adds an attraction that comes only by the mingling of different ages.

For formal dinings, invitations are issued in the name of the host and hostess from I week to IO days in advance. Very fashionable people send them by messenger, and the answer should be returned in the same way whenever possible.

Promptness is required in accepting or declining an invitation, that the hostess may know the number of her expected guests.

Many persons who entertain a great deal use an engraved card, the name of the host and hostess on one line, with the request in smaller letters, with blanks left for the name of the guest, below which are others for the date and the hour of the dinner. The following is a very good form:

# MR. AND MRS. CHARLES MADISON request the pleasure of

	company at dinner	
On		
	at Six o'clock.	

Or, if preferred, the invitation may be all printed on handsome note paper, on which a monogram or the family crest may be placed, as well as on the envelope.

If the entertainment is given in honor of a friend, or visitor, a second card should accompany the invitation, on which is inscribed

To meet
Col. and Mrs. Robert Lawson
of New York,

or the name of the guest may be engraved on the invitation.

The acceptance of an invitation may be written as follows:

MR. AND MRS. FREDERICK GREY accept with pleasure
MR. AND MRS. CHARLES MADISON'S invitation to dinner at Six o'clock,
Thursday, March 21st.

The note of refusal may be in a similar style.

Etiquette requires guests to arrive 10 or 15 minutes before the dinner hour, thus giving time for introductions and friendly greetings.

To be late is an unpardonable breach of good manners.

The hostess should not be expected to wait for an absent guest after dinner has been announced, as to do so would be rudeness to the rest of the company.

Much tact may be displayed in arranging the seats of the company, so each may have suitable companionship during the meal; to do this, have a card handed to each gentleman containing his own name and that of the lady whom he is to escort to dinner. If the guests are few in number, the hostess, when receiving a gentleman, may name his partner at dinner.

On the plate of each guest should be a card, containing the name, and with it the *menu* card, which may be plain or elaborate in design. If written, it should be done with elegance and taste. The *menus* may be in English or French as the fancy dictates, but unless the guests are known to understand the latter language, we think it a display of affectation to make use of it.

There are two methods of serving dinner, the French and the Russian—the former being to set the various dishes on the table to be served by the host and hostess, and handed to the guests by the servants, and the latter is served from the side table, each course brought separately, the table being handsomely ornamented.

If waiters are well trained, I to every 6 persons is sufficient. They should wear thin-soled shoes, and move as noiselessly as possible. "Nothing so distinguishes the style of perfectly-appointed establishments from vulgar imitations as the quiet self-possessed movements of the attendants."

If the host is a graceful carver, at dinners not too large, he may do the carving, but if not expert in this art, it is best that he should not attempt it but leave it to a servant. When more than I meat is served the most substantial should come first, and the roast should precede the boiled. After roast comes *entrees*.

With game, jelly is always served. After salads, cheese.

The order of dessert is pastry or pudding, ices, fruits, nuts, raisins, bonbons.

Two kinds of animal food should never be eaten from the same plate. More than 2 kinds of vegetables should not be served with a course.

Plates should not be heiped too abundantly, as to do so is very ill-bred.

### INFORMAL DINNERS.

Small informal dinners, given with simplicity, are very enjoyable, and much better suited to the circumstances of the generality of housekeepers than the elaborate affairs which are given at a large outlay, and are consequently within the reach only of wealthy people.

It is pleasant to gather our friends about us, and to entertain them with the utmost courtesy, but it should always be within our means. If the simplest meal is well cooked and daintily served it will be acceptable, and the hospitality that offers it will be appreciated.

If an informal dinner, such dishes as can be easily prepared, and are sure to be a success, are most satisfactory, and it is really more elegant to have small dinners appear to the guests as quiet, unceremonious affairs than to impress them by the ostentatious variety that cannot fail to show the effort it costs.

The arrangements of the table and rules observed by host, hostess and guests, are the same for small as for formal dinings, but of course may be modified to suit the occasion and circumstances.

Flowers and seasonable fruits are used to decorate the table, and are alike appropriate for grand or simple entertainments.

The following bills of fare will assist inexperienced house-keepers in preparing small dinners:

Julienne Soup.

Oysters a La Creme.

Roast Lamb, Mint Sauce.

Pease. Mashed Potatoes. Spinach. Egg Sauce. Celery Salett.
Wafers. Cheese.

Strawberry Bavarian Cream.
Coffee.

Consomme.

Fried Cuts of Fish, Tomato Sauce.

Fricandeau of Veal, Brown Sauce.

Broiled Tomatoes. String Beans. Potatoes a La Bechamel. Corn.
Cucumber Salad.

Wafers.

Cheese.

Paris Pudding. Coffee.

# LUNCHEONS AND TEAS.

# LUNCHEON.

The hour for luncheon may vary from 12 to 2 o'clock, though the English send invitations to lunch as late as 5 o'clock.

Invitations to small luncheons are usually very informal, and may be written in the style of a familiar note of friendship; or a visiting card may be used underneath the name of which is simply written:

> Luncheon at 12 o'clock, Thursday, January 8.

The repast may be elaborately made up of salads, oysters, small game, chocolate, ices and a variety of dishes which will destroy the appetite for dinner, or it may simply consist of a cup of tea or chocolate, thin sliced bread and butter, chip beef or cold tongue, but there is the same opportunity to display good taste, and a well-appointed table as at a grander entertainment.

Ladies attend in handsome walking costumes.

Luncheons of ceremony are sometimes given in honor of distinguished guests, or upon special occasions, instead of dinners, and may then be very stylish affairs. Flowers should be artistically arranged, both for the adornment of the parlor and dining-room and the table more sumptuous, though always dainty; broiled delicacies, such as do not require carving, take the place of joints, and too rich dishes, with salads, oysters, croquettes and ices

bouillon is very generally served at large or small lunches, as is also chocolate with whipped cream. The table may be decorated with flowers and fruit as a center-piece around which should be placed glass dishes of fancy cakes, bonbons and preserves. The table-cloth and napkins are usually colored, but of the handsomest quality.

At very formal luncheons each dish is served as a separate course. Instead of coffee being served in the drawing-room, as after dinner, the hostess dispenses it at the luncheon table.

The invitations to fashionable, elaborate luncheons should be handsomely engraved after the following style:

MR. AND MRS. CHARLES LEE request the pleasure of your company at Luncheon,
Thursday, December 10, at 4 o'clock.

The toilets of the ladies attending should be elegant, and always appropriate to the occasion.

The hostess usually leads the way to the table, keeping the most distinguished guest at her right, the others following and seating themselves as they choose. Guests are not expected to remain longer than half an hour after they return to the parlors.

Calls are a polite acknowledgement after receiving hospitalities, and should be made within a few days after the entertainment.

#### TEAS.

The tea parties of our grandmothers' days, copied from the high teas of their English ancestors is a very old fashion, now very generally revived among some of our best people, by whom they are made very enjoyable occasions.

The table should be spread with a white cloth, fruit and flowers in stands, berries and peaches in their season in cut glass bowls, rich cream in glass, or small silver pitchers, dainty orange or ginger preserves in cut-glass dishes, and all these supplemented with muffins, waffles or cream toast. Delicately-broiled partridges, or

spring chickens set in covered dishes is the only substantial dish admissible.

Tea and coffee should be served by the hostess from one end of the table.

At small informal teas, the servants in attendance, retire after the fruit is served, leaving the guests to chat without restraint over the cheery cup.

Teas are usually given at 5 or 6 o'clock, and the invitation is simply written on the lower left hand corner of the ladies' visiting card.

Five o'clock tea, Γuesday, January 5.

A pretty custom has recently been introduced of colored teas. Pink teas, blue, or white teas.

For housekeepers preparing their own dishes for luncheons and teas the following receipts are given:

LUNCHEON.

Raw Oysters.
Bouillon.
Sweet-Breads.

Lamb Chops, Tomato Sauce.

Chicken Croquettes, French Pease.

Snipe. Escaloped Potatoes.

Salad of Lettuce.

Cheese, Milk Wafers, Toasted. Ice Cream, Fancy Cakes.

Fruit.

LUNCHEON.

Broiled Partridge.

Oyster Pie.

Cold Ham.

Peach or Pear Pickles.

Pound and Fruit Cake.

Biscuit and Tongue Sandwiches.
Pyramids of Jelly.

Blanc Mange

Snow Sponge Cake.

Blanc-Mange.

Pine-apple Ice.

Kisses. Macaroons. Ice Cream.

TEA.

Tea and Coffee and Chocolate.
Raised Biscuits.

Oyster Sanawiches. Chicken Salad. Cold Tongue.
Cake and Preserved Peaches.
Ice Cream.

TEA.

Tea and Coffee.
Fried Oysters. Muffins.
Sliced Broiled Chicken's Breast.
Cold Biscuits.
Sardines and Sliced Lemons.
Thin Sliced Bread.
Sliced Tongue.

Cake in variety.

## HIGH TEA.

For such an entertainment, guests are usually invited at any time from 6 to 8 o'clock p. m., with the understanding that they are to remain the rest of the evening. In cities, dress coats and light gowns are considered essential, but in small towns or in the country, gentlemen may appear in Prince Alberts, and ladies in pretty afternoon or evening costumes. The invitations may be either verbal or written, and are informal.

Small tables are generally used, of a size to accommodate from 4 to 6 persons apiece. The tables are covered with large napkins and spread with plates, knives, forks, spoons, glasses and napkins. Each should bear salt and pepper cruets, sugar-bowl and creamer. It is an excellent plan, in setting the table, to give each guest 2 or 3 forks, knives and spoons—in short, all the silver required for the successive courses, if the state of the family plate will allow this. It saves much time and trouble in changing the silver.

A roll or a thick ½ slice of bread should be laid between the folds of each napkin. This should be placed at the left side of the plate, the knives with their edges *from* the plate, in a row on the

right, and beyond them, the forks, while the spoons are laid above the plate, at right angles with the other silver. The glasses should be filled beforehand, to save as much time as possible when the real business of eating begins. Where there are 2 rooms, such as a dining-room and parlor, or 2 parlors, the tables can be laid in one room, while the guests are assembling in the other. Often, however, the hostess can command but I large room in which to entertain her friends. In this case, the little tables can be brought in by a servant and spread in the presence of the guests without the least breach of propriety. After the meal is over the dishes are quickly carried out on trays and the tables either taken from the room or left where they stand for cards or any of the many popular pencil and paper games that are pleasant at such gatherings.

In seating guests, judgment must be used. The places may be marked by cards, bearing the names of those who are to occupy them. The dainty, hand-painted cards, with appropriate designs and mottoes, add to the beauty of the table and set the conversational ball rolling, besides furnishing pretty souvenirs. If these are not attainable, plain cards may be used, or the hostess may inform her guests with whom they are to sit.

There are many attractive menus that can be suggested for teas, but the following seems to demand as little home labor for satisfactory results as any other. The word tea, by the way, is something of a misnomer, as at these entertainments the beverages are almost invariably coffee or chocolate, or both, tea being left entirely out of the question.

> Bouillon. Crackers.

Bread. Pickled Ovsters.

Celery. Chicken Salad.

Pinard Sandwiches.

Olives.

Salted Almonds.

Chocolate. Coffee.

Ice Cream.

Fancy Cakes.

Fruit.

Serve the bouillon in cups, and be sure that it is very hot. Have

a thin slice of lemon floating on the surface of each cup. Pass crackers—the Zephyr or Snowflake brands are the best—with this, and choice blanched celery. If the tables are set before the guests arrive, it is well to have a couple of short stalks of celery laid at each plate, and save that amount of waiting. Have each cup and saucer set in a plate, and take all 3 pieces off at once. Either tea or coffeecups may be used, and it is, of course, unnecessary to have them match. Harlequin sets are a charming device for people of slender means, who have to pick up their pretty china here and there, a bit at a time.

The pickled oysters, with not too much liquor, may either be served on the same plate with the salad, or separately. Glass or china dishes may hold the salad and oysters. Forks should be used with this course. The sandwiches must be neatly piled on fringed napkins on bread plates, and must be passed several times, and the olives and salted almonds may fill small glass dishes. The olives may be helped with a fork or spoon, or with the fingers; the almonds may be served with spoons. The coffee and chocolate should be poured out at a side table and sugar and cream passed with them to each person.

The ice cream should also be served off the table and passed in the plate or saucer from which it is to be eaten. The cakes should be prettily arranged in a cake-dish, with a doy of under them. The fruit should be placed on a flat salver, as high-piled dishes are apt to be top-heavy and difficult to pass. Oranges, bananas, grapes—the last cut into rather small bunches—make a pretty array. Each guest must be supplied with a fruit-plate, doyley, finger-bowl, fruit-knife, and fork or spoon.

## EVENING PARTIES AND RECEPTIONS.

The evening party is usually an elaborate and costly affair, attended with all the formalities and ceremonies of fashionable society, and is the most enjoyable form of entertainment for young people.

The invitation to an evening party is given in the name of the host and hostess, and the form is as follows:

MR. and MRS. CHARLES ADAMS
request the pleasure of your company
Thursday Evening, December 15,
At 9 o'clock.

Dancing at 11.

CHESTNUT STREET.

It is not considered good taste to use one card for all the members of a family. One envelope may be addressed Mr. and Mrs. James Crawford, one to the Misses Crawford, if there are more daughters than one, but each young gentleman of the household should receive a separate invitation.

For replying this form may be used:

MR. and MRS. JAMES CRAWFORD accept with pleasure
MR. and MRS. CHARLES ADAMS' kind invitation for December 15.
28 HENTON AVENUE.

The reply to an invitation should be prompt, and always within three days of its reception. If compelled to decline an invitation the regret may be expressed as follows:

MR. and MRS. JAMES CRAWFORD
regret that they cannot accept
MR. and MRS. CHARLES ADAMS'
kind invitation for the 15th, owing to illness
in their family.

28 HENTON AVENUE.

When possible it is best to state the cause for not being able to accept an invitation; otherwise to do so may seem rude.

The failure to accept an invitation does not relieve one from the obligation of an after call.

Special preparations are requisite for a party. An awning, to provide against bad weather should be placed at the entrance, also carpet spread from the hall door to the carriages to protect

ladies' dresses and thinly-clad feet. A dressing-room for ladies as well as gentlemen should be in readiness, with servants in attendance.

The host does not receive with the hostess, but mingles among the guests, seeing that each lady has her share of attention, with delicate tact.

When the hostess is receiving no one remains beside her, except members of the family who receive with her, or such friends as she has requested to assist.

If there are young ladies in the family they should see to the guests, never dancing while other ladies are unprovided with partners. The young gentlemen are expected to be equally watchful, and should remember the pleasure of the company should be their first consideration. After ladies have re-adjusted their toilets in the dressing-rooms they should join their escorts, who conduct them to the parlors. After greeting the hostess in a few simple words of kind inquiry, guests are at liberty to walk about, enjoying music, or conversation with their friends. Young gentlemen, after greeting the hostess, may say to her that it will afford them pleasure to be presented to her lady friends, and dance with those who are without partners. Strange gentlemen may also ask to be presented to ladies who will dance with them.

It is customary with well-bred young men to invite the young ladies of the house for the first dance.

Gentlemen who are introduced to young ladies for the dance are not entitled to and must not expect recognition afterwards, as such acquaintances need go no further unless the parties meet more frequently.

After dancing with a lady a gentleman may offer his arm, conduct her to a seat, and thank her for the pleasure she has conferred on him, when he is at liberty to withdraw.

It is not expected that guests should take leave of their hostess when ready to depart. All that is required is a bow upon entering the room.

When supper is announced at a party the gentleman should invite the lady he is in conversation with, or the one with whom he

has danced last, to accompany him to the table, and no lady is at liberty to refuse the escort of a gentleman to supper.

The supper-table should be handsomely ornamented with flowers, fruits, silver and glass, and well supplied with suitable delicacies, which may be served all the evening, or if the hostess prefers, the dining-room is not opened until 12 o'clock, when the gentleman of the house should lead the way with the most distinguished lady, and the hostess follow last, with the gentleman on whom the highest honor is to be conferred. Some ladies do not go to supper until all their guests are served. Early light refreshments are frequently provided by very thoughtful hostesses in another room aside from the supper-room, for those not wishing a heavy supper, and should consist of sandwiches, small cakes, iced coffee and tea, with bouillon.

The following bill of fare may be found useful, and by beginning in time may be prepared without a great deal of trouble:

Stewed Oysters.

Escaloped Chicken. Terrapin.

Vol au Vent of Sweet-Bread.

Salmon, Mayonnaise Sauce. Galantine of Turkey.

Lobster Salad.

Chicken Salad.

Orange Jelly. Whipped Jelly with Fruits.

Fresh Fruits.

Bisque Ice Cream. Pistachio Ice Cream.

Cakes.

Bouillon.

#### RECEPTIONS.

Evening receptions being simpler in detail than parties, are becoming more fashionable every year, especially among people of literary and artistic tastes, and are quite as brilliant as a special entertainment, with little ceremony, and very moderate cost.

For informal receptions, invitations are most frequently written on the left-hand corner of the hostess' visiting card: MRS. CHARLES GREY, Thursday, from 5 to 8 o clock.

At an evening reception, the lady should be dressed in handsome home toilet, and receive standing. If several ladies receive together, their cards should be enclosed with the invitation. The simplicity of the occasion leaves the hostess the more time to devote to the enjoyment of her guests.

Refreshments are generally served informally. The table should be set tastily in the dining-room, and supplied with coffee or chocolate at one end, and a tea service at the other. Besides these, daintily-prepared sandwiches, buns, cakes, ices and fruits are served. The fact that few guests can be anything but indifferent to food at the afternoon hour seems to point to simplicity as in good taste for the refreshment table. If the reception is very select, and the number of guests small, a servant presents a tray with tea, sugar and cream, while another follows with the simple refreshments that should accompany it.

A wedding reception, or a very elaborate evening reception, of course admits of much more ceremony, as well as more substantial refreshments, than small entertainments, particularly in the country, or rural village, but courtesy and high-breeding are never out of place, whether the occasion be formal or informal.

Introductions, as a rule, are not made at receptions, and are not deemed necessary for unrestrained conversation, they are, however, permitted when mutually desired, and may be given by a friend or by the hostess.

Ladies attend evening receptions in *demi toilette*, with or without bonnets, and gentlemen in full morning dress.

Invitations to evening receptions, lawn, croquet or musical parties, are informal, but require an answer, as it is agreeable to every hostess to know the number of her expected guests.

Hospitably-inclined people, who are deterred from entertaining on account of the expense of large suppers and fashionable parties, will find the evening reception a sociable and convenient style of entertainment.

Residents of large cities, possessing abundant means, can avoid trouble by ordering supplies from the professional caterer, but in the country home or remote village, where economy is an object, it devolves upon the housekeeper to prepare the appetizing dainties for her entertainments, and with a little practice, and attention to the art of cooking, any woman can soon make many of the most difficult dishes, at half the cost, at which she could buy them.

For the benefit of such we give the following

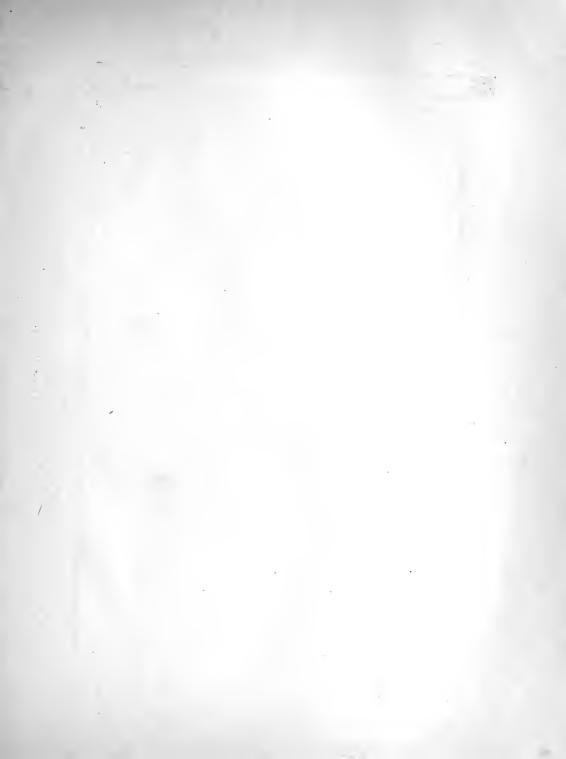
### MENU:

Boned Turkey. Escaloped Oysters. Shrimp Salad.

Lunch Sandwiches. Pickles.

Tutti-Frutti Cake. Sponge Cake.

Lemon Jelly.
Russian Cream.
Chocolate.
Coffee.



A SYLVAN GLADE.

# CHAPTER XXV.

# **OUT-DOOR PARTIES AND PICNICS.**

## GARDEN AND LAWN PARTIES.

One of the most agreeable forms of summer entertainments in the country, or at suburban residences, where the charm of nature spreads over the whole scene, is the garden or lawn party.

In remote country localities these parties are very delightful, particularly if city friends are guests for the summer, as the perfume of roses, the odor of clover blossoms, and the rustic surroundings, are charming and diverting to the denizens of the busy world who are tired of the artificial life of society.

When properly conducted a garden party may be given with very little trouble, and made very simple and informal, but if desired may be quite elaborate and ceremonious.

When only neighbors are to be entertained, a hasty invitation, so as to be sure of fine weather, may be sent 2 or 3 days in advance, but when guests are expected from any distance it is customary to send invitations 8 or 10 days in advance.

These invitations are usually engraved on handsome, plain note paper, and may be in this form:

MR. AND MRS. CHARLES LEIGH
request the pleasure of
MRS. MORTON'S
Company on Thursday, the Fifth of August,
at 3 o'clock.
Garden Party. Maple Grove.

When guests are to come by rail, it is well to send a card stating the hours at which trains arrive and leave the station.

At a garden party the hostess receives her guests on the lawn,

or in the garden, wearing her hat and gloves. But guests should always be invited to the house to take off their wraps, or arrange their toilet, if desired.

The thoughtful hostess will take care to have everything in readiness for the comfort and entertainment of the company. Rugs should be laid on the grass for the accommodation of those not accustomed to standing on the ground, and easy chairs provided for delicate and aged ladies who may be present, so all may enjoy the party without fear of the consequence.

Much tact is required to properly entertain guests at a garden party, and prevent them from wandering aimlessly about the grounds. Ample amusements must, therefore, be provided.

The lawn-tennis ground must be in perfect order, croquet sets in readiness, archery tools supplied, as well as arrangements for all kinds of suitable games made.

Ladies wear hats or bonnets at a garden party, and should dress otherwise appropriately. If a plain, informal affair, the dress should be simple and becoming, and if games like lawn tennis or archery are among the amusements, light flannel dresses are suitable. But if invited to a ceremonious lawn party, where style will prevail, handsome though simple toilets are required. Picturesque costumes may be made very effective on the grass and under the trees, and ladies of taste have a fine field for displaying it upon such occasions.

Many very fashionable people conduct the garden party in the style of an afternoon tea, receiving and entertaining their guests in the open air until ready to serve refreshments, when all are invited to the dining-room to partake of them.

When the refreshments are to be served in the garden or lawn, of course the dishes must all be cold, and may consist of salads, pates, pressed meats, Charlottes, jellies, ices, cakes, lemonade and iced tea. A cup of hot tea should always be in readiness in the kitchen for those ladies desiring it.

Numbers of small tables, with pretty, fancy covers, and colored napkins, should be set around under trees, near fountains and

other suitable places, with camp-stools for the accommodation of guests when partaking of the refreshments.

Gentlemen may help the ladies, if they prefer, and wait on themselves, requiring the servants only to remove the dishes, and replenish the pitchers with lemonade, milk, or water.

Fruits and berries are served at garden parties, and should be of the finest quality.

Ices are a very acceptable addition to an outdoor entertainment, being light and refreshing for warm weather; they are served in fancy paper-cups, laid on ice-plates.

For ladies desiring to give garden parties, the following bill of fare will be found sufficient:

Cold Rolls.

Mixed Sandwiches.

Brown Bread.

Pickled Tongue.

Jellied Chicken.

Cold Birds.

Lobster Salad.

Charlotte Russe.

Biscuits Glaces.

Fancy Cakes.

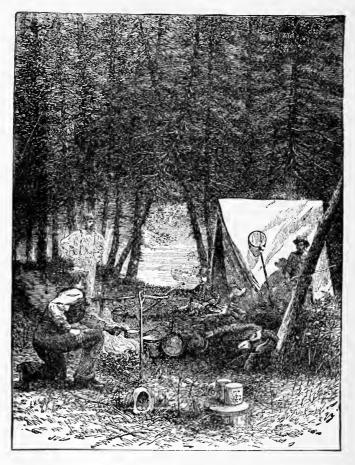
Fruits.

Lemonade. Ice Tea.

# CAMPING OUT.

If you dwell by the sea, choose some inland spot of lonely loveliness. If your home is upon a lowland, climb a mountain when your welcome hour for camping and freedom has arrived. Make a literal and positive translation of your locality, occupations, modes of dressing, eating, sleeping, and reading. If your ordinary existence is spent among books, take to boating, climbing, and even to cooking, rather than carrying along your habits of prying into scientific mysteries or of searching after the deep roots of a dead and dusty language. If you desire to read, you must choose novels that are composing, natural, and end up agreeably. You will discover many a devoted story-reader who will tell you what books to procure. Those with sweet, steady-going characters, that do not

harrow up your wearied and over-sensitive nerves, are the best healers and composers of the jangle which has fallen upon your system or your brains. If your adviser is an habitual devourer of



fiction and expresses a distaste for certain books because they are flavorless, take our advice, and, whether you are man or woman, be sure to make choice of these very novels, because they are just what you really require under the circumstances. They lead you away from yourself through agreeable and slumberous by-ways

into perfect tranquillity, which in your working seasons you might possibly consider only another name for semi-idiocy.

The man who is to plunge into the woods and really forget his worn-out self, should be sure not to forget his worn-out clothes. See that your trowsers are easy, neatly mended, strong as to buttons, and not too dark nor yet too light, lest your sense of the value of cleanliness make intimacies with mud too unpleasantly noticeable.

Should picturesqueness be a pleasure to your senses, select low, easy shoes, with wide, thick soles, and flat heels. Wear red or blue stockings of worsted, a gray mixed flannel shirt or blouse, and a broad, red or blue belt, according to your hosiery. Then get a gray, soft felt hat with a wide brim, a water-proof Mackintosh and a woollen ulster, and you are dressed. Of course, you may carry rubber boots with high tops, and a water-proof cap with an attached Havelock, so that you can defy Jupiter Pluvius and even the deluge itself if it come back and you have not been chosen to re-enact the drama of Noah and his Ark.

If you are a woman, your oldest winter dress, abbreviated at its hem, re-bound neatly and firmly, and loosened at its waist, should be taken along for scrambles over muddy places, and for boating, when bailing out the craft becomes one of the formalities. On rainy days will this gown also prove its loyalty and efficiency for your needs. Then you must have a fresh costume for beauty's sake, and so that your guide and cook (a combination of accomplishments seldom or never dissociated) will write limp-footed and ill-spelled verses to you, that shall combine, in about equal proportions, maudlin sentimentality and poor grammar. These droll apostrophes, generally inscribed on birch bark, will do you no end of good. You will think better of yourself, and will the easier overlook many little culinary mistakes which your wilderness adorer will be sure to make semi-occasionally.

A gray pressed flannel that is clearly a mixture of black and white, a deep green that is dark-hued and a first cousin to the oakleaf, a brown that learned to be pretty from the deepest brown of the chestnut, and a blue which the sailor dearly loves, are the proper colors for gowns during a forest loitering. A hat like the

dress goods, with a soft Derby crown and a brim that is cut in sombrero fashion, with a sufficient number of rows of stitching about it to hold it in proper but not stiff position, is both fashionable and comfortable. Gloves of wash-leather, long and loose-wristed, are a comfort and a prettiness; and, if they be of the natural yellow of their material, they will not be inharmonious with any shade of dress or decorations. The best gown is the dinner and Sunday toilette of a wild-wood outing.

A rubber cloth waterproof, with a hood of the same; an Ulster for cold days and nights—it is not unusual to sometimes draw this garment on over a flannel night-gown; heavy woolen shawls or traveling rugs for extra lowerings of the mercury; stout, low, flatheeled shoes for climbing, and top-boots of rubber for those occasional days that will come to mortals even in the most fascinating of Arcadias; and little more is needed, save a sensible supply of flannel, more or less thick, according to latitude, longitude and altitude. Fresh collars and handkerchiefs must be numbered according to the domestic accomplishments of the man-of-all-work.

Two tents are required, if there be ladies in the party—and this article is written especially in their interest. Rubber pillows, to be blown up at will, and folding camp-cots and camp-chairs, are luxuries that belong to civilization, and few and happy are they who are willing to forego them. Ingenious and inexpensive inventions are busy superseding fresh resinous twigs for bedding, and "more's the pity." Hammocks are for those who can keep themselves awake during the entire camping season in order that they may not fall out of them while they are asleep. These articles are considered great luxuries, and certainly they are picturesque, or at least pictorial, wherever they are seen swaying between sun and shade under the great, green trees. A tent umbrella, for peripatetic camping, fishing or sketching, is a comfort during hot days, when one must needs go away from the shade of the woods.

For 6 people the following kitchen articles are required: A camp-kettle with cover, for hot water; a 3-quart coffee-kettle and a 2-quart tea-pot; 2 bake-pans, I frying-pan, I water-pail, 2 cooking-forks and 2 cooking-spoons of tinned iron, and, if the party be

very fastidious, a gridiron will be a boon. To broil a bird or a fish, a pointed stick is the woodman's chief joy. Tin cups, to serve coffee, tea and water, are capable of combining these uses nowhere else but in the woods, so it is claimed, and tin plates need not be numerous, because a dinner eaten by a camp fire is a marvel of simplicity and convenience as to the order and formality of its courses of food. Knives, forks and spoons should be an individual matter, each person of the party carrying, and afterward caring for his own personal table-cutlery, just as he looks after his own toilette-articles. The big meat-knife and fork serve as the carver and fork, and a whet-stone, which improves the hatchet that cuts and splits the fuel, is as good and better than a pearl-handled steel for improving the edge. A tin or hard-wood pepper-box of the same material and perforated in the same way, is very convenient. A large box of pulverized charcoal for filtering water after rains is a real luxury, which will add safety, as well as satisfaction to drinking water. Matches should be kept in corked bottles, and there should be rubber-cloth sheets for use during a storm that refuses to keep out of the tents while one is making the most of a sleeping season. Spread upon the ground, when one desires to lie prone upon one's back and enjoy long intervals of dreaminess, with eyes wide open and turned upward to the blue that flickers through the foliage of the trees, a rubber sheet is a great comfort.

These things seem to be many in their enumeration, but, after all, they are far less in number and cost than the gathering together of annual pomps that are novel and vanities that are expensive, when one is going to a resort of fashion at midsummer. And besides, except one's wardrobe, all these articles remain in stock for years to come. They may be compactly arranged and safely and cheaply stored with the guide, and if another locality be chosen in other years, these summer needs may be quickly transferred by order and for a trifling outlay of expressage to some less familiar place.

## PICNICS.

If the party is to drive or ride, let not the distance be too great. There should be a stream or spring of pure water, materials for a fire, shade intermingled with sunshine, and a reasonable freedom from tormenting insect life. Charming as is the prospect of picnicing in some grand dell, upon some lofty peak, or in some famous cave or legendary ruin, there are also other considerations which should not be forgotten. One does not feel too comfortable when banqueting in localities where Dame Nature has had her queer moods, and has left imprinted certain too observable evidences of her freakiness. Such places may be included within the excursion itself, but let the feast and the frolic take place where weird effects are not the prevailing characteristic of the locality.

Be careful to dress for the entertainment, after consulting the barometer and the thermometer, and after learning the geography of the objective point of the day. A woolen dress that is not too heavy nor yet too new, or a cotton one that is not too thin, with short, trim skirts, and no fly-away draperies to entangle and to bother; thick, solid, easy shoes, that have a friendliness for the feet because of prolonged intimacy with them; pretty, but not too fine or thin stockings; a hat that has a broad brim; a large sun-shade or a sun-umbrella; at least two fresh handkerchiefs; some pins, and needle and thread stowed away in one's portemonnaie or chatelaine-pocket; easy gloves, with ample wrists; a jacket to wear when returning home; and a rug or traveling-shawl to spread upon the ground at dinner time, are among the requisites of personal comfort and prettiness.

Two or three hammocks, provided the picnic be in a forest; a few closely-folding camp-chairs, and a spirit-lamp or two for extra tea or coffee, are comforts that require no space worth considering, and only a little remembrance when packing up, while they really increase to a large degree the agreeable flavor of a day in the woods.

Don't forget two or three books that have brief, bright poems or narratives in them, for inactive or half-dreamy members of the

party, upon whom the spirit of romance and rhythm is sure to fall after dinner, provided they do not drop asleep entirely.

When providing food for the party, pray do not forget to supply at least double the quantity which would be served at home for the same number of people, and then be sure to add a little more. To be hungry, ravenously hungry, while in the woods, proves to us that fresh air is wholesome and that nature encourages vigorous appetites. Therefore, even if they were convenient of transport, soups would not be a necessary stimulant to digestion.

Of fish, cold boiled salmon, upon which a *mayonnaise* may be served at pleasure from a wide-mouthed bottle; or sardines, accompanied by sardine-scissors, are the easiest to manage, and altogether the most satisfactory—but don't forget their intimate friends, the lemons.

About meats, there are many varieties that may be served in the woods, but they should always be such as can be arranged for finger, rather than fork eating. Nature did not make forks, as is frequently asserted; and, therefore, a picnic is just that agreeable sort of free and easy entertainment that is the most charming to people who are already wearied with pomps and forms, ceremonies and things generally spectacular, and who flee to the woods in print dresses and plain uniforms, in order to escape such exactions for a little while. In fact, they long to eat food by the aid of their fingers. Tiny lamb or veal chops, closely and carefully trimmed, dipped in egg and then in crumbs and delicately browned, after which their stems are ruffled with paper are delicious when cold, and are easy to manage. Chickens, cut up after roasting or broiling, are excellent and appropriate, but they are not so dainty nor so convenient to handle as the papered chops.

The best and most convenient of all out-of-door edibles, is the sandwich. Not the one with slips of meat laid between slices of buttered bread, so that when a bite of bread is taken, all the enclosed meat is dragged out, unless a serious contest takes place in its behalf between the teeth and fingers, which, to confess the truth, is not an attractive conflict, as every one will attest who ever saw a party of railway-travelers, each at war with one of them, as

the train moved out from a way-station where the conductor had cried out "5 minutes for refreshments!" To make sandwiches that leave none but pleasant memories and provoke no temper while in transit from the basket to the gastric regions, always grind the meat or chop it when cold to very near a pulp. Make a thick mayonnaise, and mix it with the meat until it is about the consistency of marmalade. Store and carry this most agreeable preparation in a covered dish or close jar. If it be rich with good oil, no butter is needed. Sometimes, however, butter is beaten in with the meat before it is married to the mayonnaise, which gives to the sandwich a delicious flavor. Carry along with the meat biscuits or uncut loaves of good bread, with sharp knives to slice them evenly and thinly; and don't fail to remember what intensity the appetite may possess by mid-day, nor yet that, when it is appeased at that hour, it frequently renews its strength and comes back again about 4 o'clock in the afternoon and is as exacting as if it had not been appeased for a whole week. These best-of-all sandwiches are made ready when they are wanted. They are thus preserved from that taste of staleness that comes over them when they have made a journey after the meat was joined to the bread. Cold tongue, cold roast veal, cold roast beef and cold ham are all of them excellent for sandwiches, but the flavoring of salt, mustard, etc., is varied to suit the peculiar qualities of each. Tongue and ham possess decided qualities of their own, but the other two meats require toning-up to suit the palate. Grated pine-apple-cheese, mixed with a thick mayonnaise and placed between very thinly cut slices of bread, is very much liked by gentlemen. Olives, pickles and jellies are easily carried, and prove agreeable additions.

For desserts, there are many things, but beware of articles that will not bear traveling without looking dejected and sullen. Candied fruits with macaroons, sponge or pound cakes, are about the most agreeable of all the sweets which are adapted to journeys.

Small sugared fruits may be purchased of the confectioner, but grapes, currants and oranges are easily prepared at home after the following manner: Take I cup sugar and I cup water, boil them slowly together for 30 minutes, add the juice of I small lemon, and

then place the vessel in a basin of hot water to prevent the syrup from getting stiff. Dip ripe fruits into it, and lay them upon a buttered plate until cold. Currants may be dipped by holding them by their stems; grapes are taken up on the point of a long pin, dipped in the sugar, and laid carefully aside to dry. Oranges are removed from their skins and pulled apart into as many pieces as one likes, and then dipped with the assistance of the pin, after the fashion of the grapes. These articles of delicacy are not only delicious but decorative. The sections of orange may be arranged prettily about the plate, and built up into a cone for the table at home; but at a picnic one depends for beauty mostly upon the landscape. Fresh fruits are also agreeable at an out-door feast, without coating them with sugar.

For drinking, tea that has been made, seasoned while hot and then bottled directly, is delicious; so, also, is coffee; but both these liquids may be made fresh by the fire if one is made in gypsy fashion. For lemonade, roll the fruit in granulated sugar that is spread upon a marble or other hard surface, then squeeze them over the sugar and remove their seeds; the juice, thus obtained, may be bottled for the journey and added to water at pleasure. If ice must be carried, select, a clear solid piece, and wrap it in a heavy flannel. Carry an ice-pick with it, so that it may be broken up when needed, with as little waste as possible.

One really requires no wine at an *al-fresco* feast, even if accustomed to use it at a home dinner. The exhilaration of the air is quite sufficient for the needs of digestion. If wine must be carried, claret is best, because it is never served with ice, the most fastidious of wine-tasters insisting that its flavor is injured if it is not drank while of the same temperature as the atmosphere.

For the feast, forget not the napkins, forks, spoons and the luncheon-cloth. Also carry tumblers, plates, salt, pepper, sugar and a bottle of cream or a can of condensed milk. Cups with handles, but no saucers, are desirable for tea and coffee.

After a banquet of this delightful sort, the reflection presses itself upon the housekeeper and the house-mother, that we have over-much service, too extended paraphernalia, and most tiresome formalities that consume our forces every day of our lives, and that they are as beautiful as they are utterly needless. From the height of our intellects we look contemptuously down on them, but when we once more return to these fashions of our living, we bow down to them with a sort of fetish reverence. To escape their burdens, arrange a picnic once a week so long as the sunshine invites you to sit under its beams and the trees have the least array of foliage left to wave over you.

The following bill of fare may be selected from, with such changes as suit the locality or general surroundings.

## BILL OF FARE FOR A SPRING PICNIC.

Cold Roast Chicken. Sandwiches of Potted Rabbit. Bewiched Veal. Small Rolls with Salad Filling. Cold Baked Ham. Egg Salad. Buttered Rolls. Hard Boiled Eggs. Crackers. Chow Chow. Bombay Toast. Pickles. Orange Marmalade. Quince Jelly. Sugared Strawberries. White Cake. Almond Cake. Cocoanut Jumbles. Lemonade. Tea Cakes. Raspberry Vinegar.

#### BILL OF FARE FOR A SUMMER PICNIC.

Cold Boiled Chicken. Tongue Sandwiches. Spiced Beef. Sardines. Jellied Chicken. Pickled Salmon. Spanish Pickles. Sweet Peach Pickles. Boston Brown Bread. Beans. Fresh Fruits. Imperial Cake. Neapolitan Cake. Small Fancy Cakes.

# CHAPTER XXVI.

## BUTTER AND CHEESE.

### DAIRY HINTS.

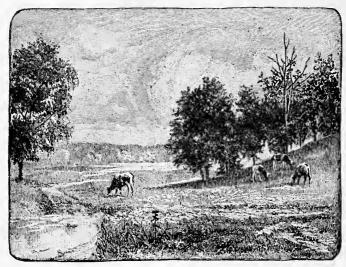
Any harsh treatment that excites the cow lessens the quantity and injures the quality of her yield. Cows should be allowed an abundant supply of wholesome, suitable food, and as much pure water as they will drink. A supply of salt should be placed where they have access to it every day. Cows should not be allowed to drink stagnant, impure water, or to eat cleanings from horse stables, turnip-tops, or anything that will give the milk an offensive taint. All milk vessels should be thoroughly cleansed, first being well washed, then scalded with boiling water, and afterwards sufficiently aired to keep them perfectly sweet. The cows should be milked with dry hands, and only after the udders have been washed or well brushed.

Milking should be done, and milk should be kept only where the surrounding air is pure and free from all objectionable and tainting odors. Milking in a foul-smelling stable or yard imparts to milk an injurious taint. Sour whey should never be fed, nor should hogs be kept in a milking-yard, or near a milk-stand. Tinpails only should be used. Milk should be properly strained immediately after milking, and for that reason a detached strainer is preferable to a strainer-pail. Good ventilation for a milk-house, milk-cellar or dairy-room is most essential, and may be provided by leading an air-drain under ground for say 200 feet. Through it a supply of pure, fresh, cool air may be admitted. The foul or warm air may be allowed to escape through the ventilators or windows in or near the ceiling.

Cream should invariably be removed from the milk before the milk is sour. The cream for each churning should be gathered into and kept in one vessel, and the whole be well stirred every

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time fresh cream is added. In summer it should not be left longer than 3 days before churning. The best churning temperatures are between 57° and 60° during the summer and 60° and 64° during the winter. Butter can be more thoroughly washed free from buttermilk while in a granular condition than after it is gathered or pressed into a roll. Only the best pure salt of medium and uniform fineness of grain should be used, and from 34 to I ounce salt per



pound butter will be found satisfactory for the summer. The utmost cleanliness in milking, in utensils and in all surroundings can only preserve the flavor and body of milk, cream, butter and cheese from contamination.

## TO INCREASE MILK.

The agricultural editor of the *Bee-Keepers' Fournal* says: "If you desire to get a large yield of milk, give your cow, 3 times a day, water, slightly warm, slightly salted, in which bran has been stirred at the rate of 1 quart to 2 gallons water. You will find that your cow will gain 25 per cent. immediately under the effects of it, and she will become so attached to the drink as to refuse clear water, unless very thirsty; but this mess she will drink almost at any time and

ask for more. The amount of this drink is an ordinary water-pail at each time—morning, noon and night. Your animal will then do her best at dispensing the lacteal fluid.

### MAKING FINE BUTTER.

To make fine butter you must have fine milk; the making of fine butter must begin with the cows. They will give just as they receive. Good food and good care will give good milk, poor food and careless keeping will give poor milk, and the result will be poor butter; but it often happens poor butter is made of good milk, and to avoid this observe the following simple rules:

1st. Set the milk in the pans as near its natural heat as possible,  $98^{\circ}$ , if the room is very cold; if not very cold, set the milk  $85^{\circ}$  to  $90^{\circ}$ .

2d. Don't let it stand too long before the cream is taken off—24 hours in a cool place.

3d. Don't gather cream too long before it is churned; 3 days is long enough.

4th. Heat the cream and keep it in a warm place for 24 hours to ripen before being churned.

5th. Heat the churn with warm water before putting the cream in it, and see that the cream is at its proper heat. What is a proper heat to churn at? Every one must find out by experiments what suits their own cream; as a general rule in winter about 64°. But see that the temperature is kept at that all the time of churning until the butter is coming. Then it can be cooled down gradually till the churning is finished.

6th. About coloring butter: Put all the color you can in the milk through the cow's feed and she will color the butter better than you can; but to supplement what she cannot do, use a little annatto diluted with water; put into the churn when you begin to churn; use no more than will give the butter a bright, white, oatstraw color.

7th. Give the butter no more working than to press the milk clean out of it; a wash or two with brine does not hurt it when in

a granulated state; when the brine runs off perfectly clear stop working it.

8th. Do not spoil it with salt; use fine dairy salt, ½ ounce to I pound; weigh both butter and salt—do not guess. This quantity is sufficient for winter butter, which enters into immediate consumption. Use ¾ to I ounce per pound in summer.

9th. If put up in pound rolls do it neatly, smoothly and all in one shape, with a nice white cloth around each roll.

10th. If put in crocks be sure to pack it down solid; dress the top and cover it up from the air till it is taken to the market.

## BUTTER, TO KEEP FOR WINTER USE.

To those who have had little experience in making granular butter, I would say, get a barrel churn or box churn, for it is a difficult matter to make perfect granules in a dash churn or a churn with paddles in it. When the butter is found to be in granules about the size of wheat stop churning, draw off the buttermilk, then cover the butter with cold water, move the churn back and forth a few times, draw off the water, and repeat until the water runs clear from the churn. It is now ready for putting into the brine. Make a brine by boiling that will float an egg. Skim off any scum that may rise. Let it stand over night to cool and settle. If butter is to be packed in a wooden tub or barrel, be sure to scald it out thoroughly to remove the wood smell. Put in a portion of the brine first, then fill the tub or barrel with the butter within 3 inches from the top. Fill in the brine and cover the butter. Be sure the butter is covered with brine all the time; never let the air get to it until wanted for use. When taken out of the tub or barrel the butter will require a light washing before it is worked into the solid mass ready for use. Butter handled in this way will come out of the brine just as perfect as when it went into it. Butter will keep just as perfectly in rolls or prints as long as the air is excluded, but if packed in this manner it should be salted in the usual way, I ounce to the pound, before going into the brine, for the reason that brine will not penetrate butter when packed in a solid mass.

## BUTTER, TO KEEP IN HOT WEATHER.

Butter to be kept into hot weather ought to be packed in jars, pressed in firmly, and a pickle made by using 2 pounds common salt; ½ ounce saltpeter; 2 ounces lump sugar, to each quart of hot water needed. Pour the hot water upon the salt, etc., and stir until dissolved, and let stand till cold; then pour over the butter, at least 2 inches in depth and it will keep nicely. New ash or oak firkins will do, but are not as good as stone jars.

## BUTTER, TO COLOR.

Take a lump of annatto about the size of a hickory-nut and dissolve it in a cup of water. This will do several churnings. When you have the cream in the churn, stir up and add I tablespoon, which will color 5 pounds. It is harmless and improves the appearance of the butter.

## BUTTER, TO COLOR, NO. 2.

For about 3 gallons of cream take 6 or more good-sized orange carrots, wash and grate them on a coarse grater; when grated pour on boiling water, which will extract the color. Put the cream into the churn; strain the carrot-juice through coarse muslin into the cream, and churn. Should the cream be warm enough, the carrot-juice must be cool before using. Aside from the coloring the carrots give the butter a sweet taste, similar to grass butter.

### TO PRESERVE MILK.

Provide bottles, which must be perfectly clean, sweet and dry. Draw the milk from the cow into the bottles, and, as they are filled, immediately cork them well up, and fasten the corks with pack thread or wire. Then spread a little straw on the bottom of a boiler, on which place the bottles with straw between them, until the boiler contains a sufficient quantity. Fill it up with cold water, heat the water, and as soon as it begins to boil draw the fire, and let the whole gradually cool. When quite cold take out the bottles, and pack them with straw or sawdust in hampers, and stow

them in the coolest part of the house. It is said that milk preserved in this manner, after being 18 months in the bottles, will be as sweet as when first milked from the cow.

## CHEESE.

## RENNET EXTRACT.

Work together 12 ounces clear, fresh rennet cut fine and 3 ounces salt; put in a cool place 5 or 6 weeks; then add 18 ounces water and 2 ounces rum; let it stand 24 hours and filter; 2 or 3 teaspoons is enough for 1 quart milk.

## HOME-MADE CREAM CHEESE.

As rennet is the principal agent in making cheese, that should be provided first. If rennet extract can be obtained, that will be the best, because it is always pure and sweet, and uniform in strength, and comes with directions for using. But if it cannot be had, rennet may be prepared by steeping a good clean and sweet rennet in a weak brine at least 2 days in advance, and giving it a half dozen or so good rubbings before using. No definite amount can be given as to how much you should use of this for any given quantity of milk on account of its varying strength (2 inches square of good rennet is sufficient to make 50 or 60 pounds cheese), but rennet enough should be thoroughly stirred in to make coagulation begin in 12 or 15 minutes.

The next essential is some kind of press. Any man can make one. A draining-box is also needed, with a slat division across it and open at one end, or a basket might be substituted, though it is not nearly so good, and a hoop in which the curd will be pressed. Annatto is used for coloring by those who do not think it injurious; if you wish it, a piece the size of a hickory-nut dissolved in I cup hot water is sufficient for 6 or 8 gallons milk.

Keep the night's milk cool and, in the morning, skim, put the cream in the strainer, and strain the morning's milk, which is warm, through it to dissolve the cream and add to the night's milk.

A thermometer will be wanted. Some convenience for heating a mess of milk so it will not get scorched must be devised. For a few cows this may be done on the kitchen stove or range, with a tin pan large enough to hold the mess to be heated set in, or over, a pan or kettle containing water, or, by setting a tin-pail of hot water in the milk; heat to 80° or 85°, and add the rennet. It should coagulate in from 30 to 35 minutes; then stand 40 minutes, and cut the curd; then stand about the same length of time before heating up the whey; when the heat has been raising about 10 minutes, commence working gradually, till it gets to 100°. Work it up with clean hands to keep the curd from sticking together, until it will cleave apart; then let the fire go down, and let it stand till the whey becomes a sickish sweet, then drain off the whey.

If the cheese is wanted for immediate use, salt at the rate of ½ pound to 25 pounds of curd should be evenly mingled with the curd. If to be kept long, ½ pound salt to 15 or 16 of curd may be used.

Wring out a square of strong domestic (3/4 yard), in whey, put over the hoop, and put the curd in, pressing down evenly with the hand. Put on the top and put to press. Begin slowly and gradually increase the pressure. Leave in the press all night. Next morning turn and press again; the next day rub with melted butter, and put in a cool, dry room to cure, turning frequently.

# NEW JERSEY CREAM CHEESE.

First scald the quantity of milk desired; let it cool a little, them add the rennet; the directions for quantity are given on the packages of "Prepared Rennet." When the curd is formed, take it out on a ladle without breaking it; lay it on a thin cloth held by 2 persons; dash a ladleful of water over each ladleful of curd, to separate the curd; hang it up to drain the water off, and then put it under a light press for I hour; cut the curd with a thread into small pieces; lay a cloth between each 2, and press for I hour; take them out, rub them with fine salt, let them lie on a board for I hour, and wash them in cold water; let them lie to drain, and in a day or two the skin will look dry; put some sweet grass under and over them, and they will soon ripen.

## . BUTTERMILK CHEESE, PLAIN AND SPICED, GERMAN PLAN.

The buttermilk, after being boiled and allowed to stand until cool, is placed in a cheese-form (loop) or heavy linen bag until the whey is drained off, when it is salted, not too heavily, and spiced according to taste, and thoroughly mixed. About I spoon of alcohol is then added for each pound, and the mass is thoroughly kneaded, and formed into cheeses of any desired size or form, which are dried in the air, and then wrapped in clean linen cloths that have previously been moistened with hot whey, and packed in a well-covered cask, and stowed in a warm place. Four days suffice to render them fit for use, but they improve by age. The small hand-cheeses, which especially become very dry in winter, may be rendered palatable by simply wrapping them, when dry, in horse-radish leaves, and packing them closely in a cask. They will be found of a very agreeable flavor in from 3 to 4 weeks.

### COTTAGE CHEESE.

Place a pan of clabbered sour milk over the fire; scald well; pour into a clean cloth; squeeze out all the water. The clabber will be quite dry. Put this into a basin and work it with the hands, moistening with a little cream, a little butter, and plenty of salt. Mold into little balls.

### SCHMIERKASE.

Take thick "loppered" milk; set it on or near the fire until it curds. Great care should be taken that the milk does not become hot, as that would harden it and render it unfit to eat—blood-heat is about the right temperature for the milk. When the milk has sufficiently curdled to show like little islands in the whey, pour it into a coarse linen bag and hang up to drain. This will take some hours. Do not press the curd, but when the whey has been all drained from the curd, remove from the bag and set in the cellar till wanted for use. It will keep several days. Serve with sweet cream poured over it, and season with pepper and salt. Some like sugar on it.

## SAGE CHEESE.

The sage used is the green, growing sage, picked fresh from the bush. It is not common to use clear sage, if it is strong and vigorous growing, as it would be apt to make the flavor rather stronger than desired, if enough was used to color the curd to the desired tint; but enough sage is used to give the desired flavor, and the balance of green color is given by using fresh green leaves of either corn or beans, or some other similar juicy, green leaf of a sort of neutral flavor that would not destroy the sage flavor. For the milk of 4 cows take I quart green leaves (1/4 sage and 3/4 corn or bean leaves) and bruise them in a mortar, then put them into a strainer bag and pour warm milk over them several times and finally squeeze to get out all the juice. This juice and milk are used for coloring; only 1/2 of the milk is colored; for instance, if 10 gallons of milk were to be made up, set 5 gallons in one tub and the rest in another. Put all the color in one and then make them into a curd, or "set" them separately. After the curds are made and broken up ready for press, mix them evenly and perfectly and press all together. The result is that the cheese has the appearance, when cut, of a clouded marble. The green curd and the white curd make a very pretty contrast. Of course, if one chose he could color all, but the cheese would not look so nicely, and a solid green cheese might not sell well to a customer who had never seen one, but the marble cheese looks fine, and usually commands at least 2 cents a pound more than ordinary cheese, where they are known, and at guick sales. The cheese-maker can tell guite easily whether he has enough sage by tasting of his milk after the juice is in. If it does not taste strong enough of sage to give it a pleasant, pronounced sage flavor add more. The milk should be rather pale green after it is colored; strong enough so as to make a decided contrast with the white curd when passed. If green sage is not at hand, possibly dry sage could be used by soaking and steeping and then using the other green leaves to give color.

# CHAPTER XXVII.

## KITCHEN RECIPES.

## CARE OF SILVER.

When putting away the silver tea or coffee pot, which is not used every day, lay a little stick across the top under the cover; this will allow fresh air to get in and will prevent mustiness. It will then be ready for use at any time, after having first been thoroughly rinsed with boiling water.

Nothing is better to clean silver with than alcohol and ammonia. After rubbing with this, take a little whiting on a soft cloth and polish. Even frosted silver, which is so difficult to clean, may be easily made clear and bright.

## TO WASH SILVERWARE.

Put I teaspoon aqua ammonia into I pint very hot water, and wash quickly with a small soft brush, kept for the purpose only, and dry with a clean linen towl; then rub very dry with chamois. Washed in this manner silverware becomes again brilliant, and requires no polishing with any of the powders, or whiting usually employed, and lasts much longer.

## AN ECONOMICAL CRUMB-CLOTH.

A red table-cloth that is too much faded to be used on the table makes a good crumb-cloth. Starch it as stiff as you can easily, iron perfectly smooth, taking care to pull the edges straight and even, pin it to the carpet instead of tacking it, as then it will not be so much trouble to take it up, and you will wash it just as soon as it needs it. It will keep clean a long time, and, even if you can afford a handsome cloth, it is convenient to use this when the other is up to be cleaned.

### A GOOD DISH-CLOTH.

For a dish-cloth "par excellence," make a cloth about 12 inches square, of 4 or 5 thicknesses, of common white mosquito netting; then sew across and back and forth on the machine, to hold it firmly together. Thus it is very soft and will hold no grease at all.

### WASHING DISHES.

Dishes should always be rinsed in clear, hot water after having been washed in soap suds. Nothing is more unpleasant at the table than to notice a certain stickiness that the soap is likely to leave. It is necessary also from a sanitary point of view; the caustic alkali is corrosive and unwholesome, and the grease is often impure.

## PASTE FOR CLEANING BRASS, COPPER AND TIN.

Rotten stone powdered fine, 4 ounces, oxalic acid, I ounce, sweet oil,  $I\frac{1}{2}$  ounces, spirits turpentine sufficient to make a paste. Or, powdered rotten stone, 4 ounces, soft soap, 2 ounces. Apply with a soft leather.

### COAL ASHES GOOD TO SCOUR WITH.

The fine, soft coal ashes which are found in the pipe in the spring, and which sift under the pan, will clean and brighten tinware. Take a piece of old flannel, dip lightly into soft soap, and rub, afterward using a clean piece of flannel to polish with.

# COFFEE POTS, TEA POTS, TIN SAUCEPANS, ETC., TO CLEAN INSIDE.

When the inside of a coffee or tea pot has become black from long use, fill it with soft water; throw in a small piece of hard soap, and boil it from  $\frac{1}{2}$  to 1 hour; and it will be as "bright as a new button," without labor or expense. When tin sauce-pans become grimy or dark from use, do the same with them, and you will be pleased with the result. Cover while boiling. Then scald out well and all is complete.

### NEW KETTLES.

The best way to prepare a new iron kettle for use is to fill it with clean potato peelings, boil them for I hour or more, then wash the kettle with hot water, wipe it dry and rub it with a little lard; repeat the rubbing for ½ dozen times after using. In this way you will prevent rust, and all the annoyances liable to occur in the use of a new kettle.

## COPPER KETTLES, TO CLEAN.

If you wish to clean your copper tea-kettles with very little labor and without soiling your hands or making them rough or sore, rub them while filled with hot water with very sour buttermilk. Other sour milk will clean them, but buttermilk is preferable. Clean them thus once or twice a week, and they will keep as bright as a new penny, and your hands will not be made as rough as a grater, as is the case when salt and vinegar is used.

## KNIVES, TO CLEAN.

Scrape at one end of the knife-board a little heap of Bath brick; rub on a piece of red flannel some yellow soap; lay the knife flat on the board; dip the soaped flannel in the brick-dust, and rub it on the knife. When clean, wash the knives in warm water, but be careful not to let it touch the handle. This method saves the knives as well as the labor of cleaning in the usual way.

# STEEL DINNER KNIVES, TO REMOVE RUST.

Cover the steel with sweet oil, well rubbed in; let them remain 48 hours, and then using unslacked lime, finely powdered, rub the knife till all the rust has disappeared.

## THE CARE OF LAMPS.

The disagreeable flickering of a student lamp is sometimes caused by tiny particles of the wick dropping into the inside tube of the cylinder surrounding the wick, thus preventing the oil flowing freely from the barrel. Before inserting a new wick remove the

oil barrel, and empty the lamp entirely of oil, pour into the opening, down the wick cylinder and wherever fluid will touch inside, boiling water to which has been added a spoonful of spirits of ammonia.

Burners sometimes get clogged and refuse to turn up and down. This may be remedied by putting them into an iron kettle containing I quart water and I double handful wood-ashes. After boiling a little while take out, and with a soft rag wash and dry them perfectly. Or they may be put into a bath composed of equal parts of milk and vinegar and boiled. Before using lamp wicks soak them in vinegar, and dry thoroughly to prevent their smoking. If after putting the wick into the bowl of the lamp, and before pouring in any oil, the bowl is crammed with sponge, the wick and sponge then saturated with the oil to the fullest capacity of the bowl, the lamp is converted into a safety lamp, so that there is no danger to life from accidental upsetting or breakage of the lamp, or fear of spots on table-scarf or carpet. Add more sponge as the wick burns away; keep the bowl full of it. The lamp will continue to burn until the oil in wick and sponge is exhausted.

# LIQUID STOVE POLISH.

Mix I pound powdered stove polish, I gill turpentine, I gill water and I ounce sugar. Apply with a rag or sponge.

### CREAM STOVE POLISH.

The Scientific American says the following makes an excellent paste: Two parts sulphate copper, I part bone black, I part black lead. Water sufficient to make a paste like cream.

## HOW TO POLISH A STOVE EASILY.

If a little vinegar or some cider is mixed with stove polish it will not take much rubbing to make the stove bright, and the blacking is not likely to fly off in fine dust.

## TO MAKE FIRE KINDLERS.

Take I quart tar and 3 pounds resin; melt them, bring to a cooling temperature, mix with as much coarse sawdust, with a little.

charcoal added, as can be worked in; spread out while hot upon a board. When cold, break up into lumps of the size of a hickorynut, and you have, at a small expense, kindling material enough for a household for a year.

## STOVE CEMENT.

A good cement for mending a stove that has a crack in it may be made by mixing silicate of potash or soluble glass with wood ashes. This cement will not bear moisture.

## HOW TO CLEAN MICA.

Every woman who has been obliged to spend half a day several times during the winter cleaning the mica in her coal stove, usually by taking them out and washing them in soap-suds, will rejoice to know there is a much easier way to clean them and that there is no need to take them out or let the fire burn very low in order to do it successfully. Take a little vinegar and water and wash the mica carefully with a soft cloth; the acid removes all stains, and if a little pains is taken in cleaning the corners and in wiping them dry, the mica will look as good as new. It is a great care to see that stoves are kept in proper order, and not many servants can be trusted to do it as it should be done. The task might be made somewhat easier by choosing stoves which are not too highly ornamented. Unless the trimmings are kept absolutely spotless and bright which is a very difficult thing to accomplish, they cannot lay the least claim to being ornamental; indeed, a stove which, by reason of its excessive decoration, is rendered the most prominent feature of the room, demanding attention the moment one enters, is certainly in bad taste. A clean, well-polished stove, with graceful shape, which fills the end of its being by heating the house, is all that a stove should be. The fire may be, as it has been called, the soul of the room, but it ought not to ask too much attention to its body.

## HOW TO USE THE OIL STOVE.

A few suggestions in regard to the use of the oil stove may be of value to some one who does not succeed well in using it. Complaints are frequently made that a meal cannot be put hot upon the

table if cooked on the single oil stove. My plan is this: If I am to get breakfast by it, the first thing is to boil the water for coffee, have the coffee in the pot, with some soft paper stuffed in the nose. When the water boils, pour a little on the coffee, cover closely and set it one side. Then warm the potatoes; when thoroughly cooked, cover them and set one side. If beefsteak is preferred to cold meat, cook that; the stove being very hot, it will cook quickly. Then as you take the steak off with one hand, with the other set the potatoes back on the stove. While you are preparing the steak for the table, the potatoes will be getting hot; while taking them off, set the coffee-pot back on the stove. Of course, one must be very quick in her movements. Dinner may in the same way be put smoking on the table, and the housewife, cool and fresh, will enjoy the meal as well as any member of the family. Any one who keeps plants in a room where there is no fire at night, or in a bay window, may prevent their freezing by lighting the oil stove and placing it near them. Canned fruit and vegetables may, also, in this way be kept from freezing. One who has never tried it will be surprised to notice how much heat is given out.

## TO KEEP A KITCHEN TABLE CLEAN.

A cook should always keep a piece of oil-cloth ready, to put her sauce-pans and stew-pans on when necessary; the oil-cloth can be so much more easily cleaned than the table. A few common straw mats are also very handy in a kitchen, to save the table from being soiled.

## TO MAKE HARD WATER SOFT.

Fill the wash-boiler or tank with hard water; then put ½ cup wood ashes into a woollen bag; cover this with cotton cloth to prevent ashes sifting out; let this lie in the water until that is warm enough to use.

## TO PURIFY WATER.

One large spoon pulverized alum sprinkled into a hogshead of water (the water stirred round at the time), will, after the lapse of a few hours, so purify it that it will be found to possess nearly the freshness and clearness of finest spring water. A pail containing 4 gallons may be purified by a single spoonful; or a mixture of 1 part chalk and 2 of alum will be still better.

### HOME-MADE FILTER.

Take a large flower-pot, put a piece of sponge over the hole in the bottom, fill 3/4 full equal parts clean sand and charcoal the size of a pea; over this lay a woolen cloth large enough to hang over the sides of the pot. Pour water into the cloth and it will come out pure after the dust from the coal has been run off by a few fillings. When it works too slow take off the woolen cloth and wash it thoroughly and replace it again is all that will be required for a long time.

# CHAPTER XXVIII.

## LAUNDRY RECIPES.

## TO CLEAN BLACK SILKS.

One of the things "not generally known," at least in this country, is the Parisian method of cleaning black silk; the modus operandi is very simple, and the result infinitely superior to that achieved in any other manner. The silk must be thoroughly brushed and wiped with a cloth, then laid flat on a board or table, and well-sponged with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show; it is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease, and restores the brilliancy of silk, without imparting to it either the shiny appearance or crackly and papery stiffness obtained by beer, or, indeed, any other liquid. The silk really appears thickened by the process, and this good effect is permanent. Our readers who will experimentalize on an apron or cravat, will never again try any other method.

## TO CLEAN COLORED FABRICS.

Nearly all colored fabrics stain the suds used to clean them, and that without losing their own brightness in any way. No article of a different color must be plunged into a rinse or wash so stained, but must have fresh ones; and no colored article must be rinsed in blued suds. Scarlet is particularly prone to color a wash.

Different colors are improved by different substances being used in the wash or rinse; sugar of lead has the credit of fixing all colors when first cleaned, and may be used to those likely to run. To brighten colors, mix some ox-gall; but, of course, the quantity must be regulated by the quantity of suds in the wash and rinse. For buff and cream-colored alpaca or cashmere, mix in the wash and

rinse some friar's balsam. For black materials, some ammonia. For violet, ammonia or a small quantity of soda in the rinsing water. There are some violets and mauves that fade in soda. For green, vinegar in the rinse, in the proportion to 2 tablespoons to I quart of rinse. For blue, to I dress, I good handful common salt in the rinse. For brown and grey, ox-gall. For white, blue the wash with laundry blue.

Dresses, mantles, shawls, opera cloaks, underskirts, articles embroidered with silk, self-colored or chintz-colored damask curtains, moreen and other woolen curtaining, may all be cleaned as specified.

## TO CLEAN BLACK MERINO OR ANY WOOLEN STUFF.

Purchase at a drug store 2 cents worth carbonate of ammonia; place it in a clean quart basin, and pour upon it I pint boiling water; cover it over with a clean plate, and let it stand till cold; then proceed the same as directed for cleaning black silks; gentlemen's clothes can thus be cleaned without taking to pieces, or ironing, unless quite convenient; vests and coat collars are thus easily renovated, the color is revived, grease spots and white seams removed.

## TO CLEAN LAWN AND MUSLIN DRESSES.

Lawn and muslin dresses that have faded may be whitened in the boiling suds, and bleached on the grass, and when done up are quite as pretty as dresses made of new white material; delicate hued muslin and cambric dresses may be washed nicely by the following process: Shave ½ pound of common hard soap into I gallon of boiling water; let it melt, turn it into a tub of lukewarm water; stir I quart wheat bran into a second tub of lukewarm water, and have ready a third tub with clear water; put the dress into the first tub of suds, rub gently or rather "souse" it up and down, and squeeze it out; treat it the same in the tub of bran water; rinse, dry and dip in starch made the same as for shirts; dry again, and then rinse thoroughly in clear water; dry again, and sprinkle with a whisk-broom or sprinkler; roll up in a thick cloth

while the iron gets hot, and iron with them as hot as they can be used without scorching the dress. By taking a clear day, it is little trouble to do several dresses in a few hours.

## TO CLEAN WHITE SILK LACE.

The lace is stretched over small clean slips of wood to keep it evenly spread out, laid over night in warm milk, to which a little soap has been added, rinsed in fresh water, laid for the same length of time in warm soap-lye, and finally rinsed without any friction. Linen lace is best cleaned by covering the outside of a large glass bottle smoothly with stout linen or white flannel, upon which the lace is sewed in a number of coils, and over the whole some coarse open tissue is secured. The bottle thus dressed is allowed to soak for a time in lukewarm soft water, and the outside wrapping is then rubbed with soap and a piece of flannel. After this the bottle is laid to steep for some hours in clean soft water. It is then rolled between dry towels, dipped in rice water, and rolled again. Finally the damp lace is unfastened from the bottle and ironed between linen cloths.

## TO RAISE THE PILE ON VELVET.

To raise the pile on velvet, put on a table 2 pieces of wood; place between them, bottom side up, 3 very hot flat-irons, and over them lay a wet cloth; hold the velvet over the cloth, with the wrong side down; when thoroughly steamed, brush the pile with a light wisp, and the velvet will look as good as new.

### LACES-WASHING LACE.

To make the starch properly, mix the dry particles with enough cold water to make a smooth paste, add cold water until it looks like milk and water, and boil it in a smoothly glazed earthen vessel until it is perfectly transparent. While it is cooling squeeze the laces through soap-suds and rinse them in clear water. If you wish them clear white, add a little bluing; if ivory white omit the bluing, and if yellow-tinged add a few teaspoons clear coffee to the starch. Run through the starch, squeeze, roll up in towels, and

clap each piece separately until dry; pull gently into shape, from time to time, with the fingers and pin on the ironing table or bosom-board or upon the pillows in the "spare" bedroom. When dry, press between tissue paper with a hot iron, punch the openings with an ivory stiletto, and pick each pearl or loop on the edge with a coarse pin until it looks like new lace.

### TO RENOVATE CRAPE.

Brush the crape well with a soft brush, and hold tightly over a wide-mouthed jug of boiling water, gradually stretching it over the jug. If a strip of crape it is very easily held tightly over the water, letting the portion done fall over the jug until all is completed. The crape will become firm and fit for use, every mark and fold being removed. White or colored crape may be washed and pinned over a newspaper, or towel, on the outside of a bed, until dry. Crape that has been exposed to rain or damp—veils especially—may be saved from spoiling by being stretched tightly on the outside of the bed with pins, until dry; and no crape should be left to dry without having been pulled into proper shape. If black crape, lace, or net is faded or turned brown, it may be dipped into water, colored with the blue-bag, adding a lump of loaf sugar to stiffen, and pinned to a newspaper on a bed.

### WASHING CHINTZES.

These should always be washed in dry weather, but if it is very cold, it is better to dry them by the fire than risk spoiling the colors from freezing in the open air. It is better, if possible, to defer their washing till the weather is suitable.

### HOW TO WASH FLANNELS.

The best way to wash all-wool fabrics, or those that have a fair mixture of wool in them, is to make a hot suds of good soap, in which put I or 2 tablespoons ammonia. If possible to make clean without, do not rub soap on the fabrics as it fulls them up badly. Rub the clothes in this and rinse in clear, hot water. Hang them up to dry out of doors when the weather is suitable, but never in

stormy or freezing weather. Stretch them to shape when hung up, and if possible iron them while they are yet damp. Never use soap in the rinsing water, but see to it that the soap used in rubbing them is well rinsed out. Flannels washed in this manner will be soft and pliable, even unto old age, but they should never be trusted to the care of servants entirely.

### WASHING TOWELS.

Towels with handsome, bright borders should never be boiled, or allowed to lie in very hot water; they should not be used till they are so much soiled that they need vigorous rubbing to make them clean. It is better economy to use more towels.

## TO WASH A LINEN DUSTER.

Some one may wish to know how to wash a linen duster in such a way that it will not look faded. All old colored linen should be washed in lukewarm water. If there are any grease spots use a little hard soap, or, better still, remove them with benzine. Rinse thoroughly in warm water in which ½ cup salt has been dissolved; the last water must be very blue, and I small handful starch put in. Hang in a shady place, and, as soon as the duster is dry, take it down, so that the wind will not blow the starch out. If dampened with warm water, it will soon be ready to iron.

### TO BLEACH COTTON CLOTH.

One pound chloride of lime, dissolved and strained; put in 2 or 3 pails water; thoroughly wet the cloth and leave it over night; then rinse well in 2 waters. This will also take out mildew, and is equally good for brown cotton or white that has become yellow from any cause, and will not injure the fabric.

### TO BLEACH LACE, ETC.

After washing and boiling let it lie all day in excessively strong blue-water; lay it out all night on the grass to dry. Boil again with soap, without soda or blueing; rinse well. It must not, however, be forgotten that too much soda turns linen, etc., yellow.

### TO REMOVE SCORCHES.

Spread over the cloth a paste made of the juice pressed from 2 onions, ½ ounce white soap, 2 ounces fuller's earth, and ½ pint vinegar. Mix and boil well before using.

### TO STIFFEN LINEN.

Such as cuffs that require to be very firm, boil the starch after mixing it cold. Into I pint starch drop a bit of white wax ½ the size of a small hazle-nut and I teaspoon brandy. The spirit is to retain the stiffness and increase it, the wax to save the starch from sticking to the iron. When an iron sticks to starch, soap the bottom of the iron.

## STARCH POLISH.

One ounce white wax, 2 ounces spermaceti; melt them together with a gentle heat. When you have prepared a sufficient amount of starch, in the usual way, for I dozen pieces, put into it I piece of the polish the size of a large pea, more or less, according to large or small washings. Or, thick gum solution made by pouring I pint boiling water, upon 2 ounces white gum arabic; I tablespoon to I pint starch, gives clothes a beautiful gloss.

# HOW TO EXTRACT INK STAINS FROM CLOTH, ETC.

Many of the preparations of this sort not only remove the stain, but the color as well. The following will be found perfectly harmless: To ½ ounce oxalic acid put 1 fluid ounce distilled water; when nearly dissolved add ½ ounce citric acid; saturate the stain and lay in the sun; if not all removed, repeat. You can add more water, but it must be soft. It will remove old ink stains effectually.

## ANOTHER METHOD.

Pour milk upon the ink directly and rub it with a damp flannel; repeat until the ink disappears. Then wash with flannel and water, and rub dry. When milk is at hand, place a plate under the ink spot and pour milk on the ink. Allow it to lie in the milk, and when removed from the table, if not free from ink, dip it in a cup or basin of milk and rinse in cold water.

## FRUIT STAINS, RECENT, OR OLD, TO REMOVE.

Hold the linen tightly across the tub and pour hot water through them, before any soap is put on; if old, tie up a little cream of tartar in the places, put into cold water and bring to a boil. If upon table linen, rub on some salt, at once, then pour on the hot water.

# PAINT, PITCH, OIL, AND GREASE, TO REMOVE FROM SILK, LINEN, ETC.

Two ounces benzine (purified), also called benzole, ¼ ounce oil lemon; mix and keep corked. Apply with a cloth or sponge to any spots upon any of the above named kind of goods, rubbing with the fingers until removed. The colors will not be injured.

# ACID, TEA, WINE, AND OTHER STAINS.

Stains caused by acids, tea, or fruits, can often be removed by spirits of hartshorn, diluted with an equal quantity of water. To remove tar, pitch, or turpentine, the spot may be saturated with sweet oil, or a little tallow may be spread upon it, after which it must remain for 24 hours. If the article is of linen or cotton, it must be washed in the usual way; but if silk or worsted, it is to be rubbed with ether or spirits of wine. Pure spirits of turpentine will remove recent spots of oil-paint by rubbing. Wax and spermaceti should be scraped off and the places where they have been should be rubbed with spirits of wine, spirits of turpentine, ormephuric ether. Grease spots can commonly be taken out of silk by means of French chalk as follows: Scrape a little chalk upon the spot and place underneath a warm iron or water plate filled with boiling water. The heat melts the grease, which is absorbed by the chalk and it can be removed by rubbing or brushing. It may be needful to repeat the process.

# MILDEW, TO REMOVE FROM CLOTHING.

Take common soft soap and stir in quite a bit of salt, so the soap crumbles or grains, as it were, and rub on the spot and lay out

over night, and if not effaced by morning wet it occasionally during the day. The following chloride solution is also good to remove mildew: Put about ½ cup chloride of lime into 2 qts. hot water, wetting the mildewed articles first in cold water, then put into the lime water until the mildew is bleached out, then rinse well in plenty of water to remove the lime.

### MILDEW ON SILK.

The best plan of removing the mildew from colored silk is to moisten a piece of white blotting-paper with rectified spirits of wine and sal ammoniac, with ¼ water; put this 3-fold on the spot, and another piece of blotting-paper 3-fold on the other side of the material, and press it hard. Repeat till it disappears.

## WASHING FLUID.

Dissolve in I gallon hot water I pound concentrated lye, ½ ounce salts of tartar, ½ ounce liquid ammonia; when cool, bottle for use. Soak the clothes over night; wring out and add I cup of the fluid to a boiler of water; put in the clothes and boil I hour; rub them as much as is necessary, and rinse well in 2 waters, with a little bluing in the last. But little rubbing is necessary, and this method will certainly save clothes, time and labor. Lace curtains may be washed in the same way. Starch them and press out all that is possible in a towel; pin sheets on the carpet; spread out the curtains carefully, shaping every scallop on the sheets; pin them in place and leave them until dry.

### BORAX WASHING FLUID.

The excellent washerwomen of Holland and Belgium, who get their linen so beautifully white, use refined borax as a washing powder, instead of soda, in the proportion of I large handful of powder to about 10 gallons boiling water. Borax being a neutral salt does not in the slightest degree injure the texture of the linen. Those that try this will be pleased with the result. It is also nice to wash blankets or woolen goods.

## GEM WASHING FLUID.

One pound sal soda, I ounce borax, I ounce salts of tartar, I ounce ammonia, 3 quarts rain water. Put the rain water over the fire, then put in the sal soda, borax, and salts of tartar. Do not put in the ammonia until it gets cold. Put I cup into the boiler when you boil your clothes.

## KEROSENE OIL IN WASHING.

Cut up a bar of soap (if you have an ordinary sized washing) in a dish and set on the stove; when melted put in 4 teaspoons kerosene oil, let this get good and hot and pour it into ½ a tub of water; put your clothes in this and let them soak over night. In the morning you will find that the clothes, with very few exceptions, will not need any rubbing at all; simply boil, rinse and hang out. There your washing is done, your back is not broken, your knuckles not raw and your clothes look just as well as though you had rubbed on them all day. Just try this once and you will rise up and bless us.

## OX-GALL SOAP.

For washing woolens, silks, or fine prints liable to fade: One pint beef's gall, 2 pounds common bar soap cut fine, I quart boiling soft water; boil slowly, stirring occasionally until well mixed; pour into a flat vessel, and when cold cut into pieces to dry; or, a more simple way of using gall, is to get a pint bottle filled with fresh beef's gall at the butcher's, cork tightly, add to the water when washing any material that is liable to fade; using more if articles are very liable to fade, and less if the liability is not great. When the bottle is empty or grows stale, get fresh.

### HARD SOAP.

It is a simple matter to make hard soap, which is not only agreeable to use, but which has the great merit of cleanliness. To 7 pounds tallow use 3 pounds rosin, 2 pounds potash, and 6 gallons water; boil for 3 hours, or, better still, for 5; turn from a kettle into a wash-tub; let it stand all night. In the morning cut into bars,

and lay them on a table or board in the sun to harden for 2 or 3 days. This quantity will last a family of 4 persons a year, if used for ordinary household purposes.

## SOFT SOAP FROM CONCENTRATED LYE.

To make soft soap with concentrated lye, take I pound of it and dissolve it in 2 gallons soft water, and when it boils add 4 pounds tallow or clear grease; let it boil till it becomes clear, then add 2 gallons more of rain water; mix well and set it by to cool, then take a cup of it, and add as much cold water as it will take, and still be as thick and ropy as you wish it, then add water in the same proportions to the whole.

## SOFT SOAP.

Take 6 gallons soft or rain water, add 3 pounds best hard soap (cut fine), 1 pound sal soda, 4 tablespoons hartshorn; boil the whole till perfectly dissolved; pour into vessels, and when cold it is fit for use. This makes 50 pounds fine jelly soap.

### SCRAPS OF SOAP.

Gather together all the pieces of white soap that you may have, castile, ivory, and any others that are known to be good. Cut them into small pieces and dissolve in boiling water in the proportion of I cup water to ½ cup scraps. As soon as the scraps have melted and while the water is still hot, stir in ground oat-meal to make a stiff batter. Grease some old cups and pour enough of this mixture in each for a small cake and set it aside to harden and dry. You have now a very nice soap that is excellent for daily use in the nursery; or the mixture may be made just a little thinner and kept in a tin cup to be brought out as soft white soap at the children's baths. For the boys' and girls' tri-daily hand scrubbing, stir the batter very stiff with oat-meal bran or wheat middlings, and mold into flat cakes. These have a roughness that is necessary to remove ink stains, pitch, and the many defiling substances with which every healthy boy and girl seems to come in contact.

For fancy hand soap melt together the pieces of any colored toilet soaps, provided, of course, that they are good and do not contain injurious materials, stir in a few drops of perfumery and a very little Indian meal. Pour this into shallow dishes, fancy-shaped if you wish, and when partly cold, stamp on a pattern and mold the corners of the cakes round, or cut into shapes with a cake cutter.

The scraps of yellow soap may be put into the soap-shaker, a wire receptacle for holding soap that is to be shaken in the dishwater; but for those who have no such implement, this is a way of disposing of them: Dissolve the pieces as before, using less hot water, and, when the mixture has partly cooled, stir in a quantity—as much as it will take nicely—of scouring sand, or bath brick scraped fine. Pour into a wooden box and stir often until cold. This is excellent for scouring tins and cleaning unpainted shelves and floors, but will, of course, remove the paint from wood-work. Yellow soap may, like the white, be simply dissolved and left to stiffen a little to be used as soft soap.

### GOOD BLUING

Seems to be an almost indispensable commodity in the laundry. You will find that ultramarine blue (the best quality) tied up in a piece of Canton flannel, and used the same as you would indigo, will clear your linens better than any other bluing you ever used. It will give them a pearly white cast, and no matter how blue you may get your linens, if too blue it will all rinse out very readily without boiling.

## LIQUID BLUE.

One ounce soft Prussian blue, ¼ ounce oxalic acid, and I gallon soft water. One teaspoon is enough for a large wash.

# JAVELLE WATER.

Four pounds sal soda, I pound chloride of lime, I gallon boiling water. Put the sal soda in the water and let boil 10 or 15 minutes, and add the chloride of lime; when cool put into jugs and keep corked tightly. Nothing like it for soiled linen.

# CHAPTER XXIX.

# FURNITURE AND WOOD-WORK.

## TO CLEAN CARPETS.

When the carpet is well beaten and free from dust, lay it tightly down, and scrub it with soap, dissolved in soft water mixed with bullock's gall—about 4 gallons water to 1 pint gall. This will restore the colors of the carpet to their original brightness, and make it look almost like new. The brush employed should be of soft character, with long bristles.

### LINING STAIR CARPETS.

It is a common practice to use bits of old carpet as a lining for stair carpets, but a much better way is to take strips of an old bedquilt, have them not quite the width of the staircase, wash and dry first, then put smoothly over the stairs, tacking in a few places. It is softer than old carpet, and will not wear the outer one nearly so much. Of course this is a help for those who cannot afford the nice linings that are made on purpose.

## TO CLEAN PAINT.

Provide a plate with some of the best whiting to be had, and have ready some clean warm water and a piece of flannel, which dip into the water and squeeze nearly dry; then take as much whiting as will adhere to it, apply it to the painted surface, when a little rubbing will instantly remove any dirt or grease. After which, wash the part well with clean water, rubbing it dry with a soft chamois. Paint thus cleaned looks as well as when first laid on, without injury to the most delicate colors. It is far better than using soap, and does not require more than half the time and labor.

If the paint has been varnished, boil I pound bran in I gallon water, and wash with that, rinsing off with clear water and drying with soft cloth.

## DIRTY OR STAINED FURNITURE.

If the furniture is in a bad state, but not stained, it will be sufficient to clean it by washing it well with spirits of turpentine, and afterwards polishing with linseed oil colored with alkanet root. When, however, the furniture is stained or inky, it should be washed with sour beer or vinegar, warm; afterwards rubbing the stains with spirits of salts, rubbed on with a piece of rag, which will remove all the stains. The wood may then be polished, either with linseed oil colored with alkanet root, or with bees'-wax dissolved in turpentine, with a little cold varnish or resin added.

### A GOOD CLEANSING FLUID.

For removing spots from furniture, carpets and woolen goods generally, prepare a cleansing fluid as follows: Cut fine 2 ounces of white castile soap and dissolve it in 1 pint hot water over the fire, then add 2 quarts more of water, and, when nearly cold, 2 ounces ammonia and 1 ounce each of alcohol and glycerine; put all in a gallon jug, shake well and it is ready for use; keep it closely corked when not in use. To wash woolen or cashmere dress goods, place I teacup in 1 pail warm water, rub the material quickly with the hands, rinse when clean, and iron while it is damp, on the wrong side. For cleaning carpets, wet a cloth in the fluid with a little water and rub the spots until they disappear.

To remove ink from carpets: Take up as much as possible with a spoon, pour cold sweet milk upon the spot, and take up with a spoon until the milk is only faintly tinged with ink, then wash with cold water and wipe dry. Any stain upon carpets can in most cases be removed with ox-gall, after the carpets have been taken up and well beaten. The ox-gall, which you can get from your butcher, should be applied to the stain, especially if it be a grease stain, with an old tooth brush, and allowed to remain on a few hours. Then rub well with flannel and warm water.

## OIL STAINS ON FLOORS OR TABLES.

If the oil stain on the boards is quite fresh, it can be removed with brown paper, or with blotting-paper. Take a large clean sheet, put it on the stain, and iron heavily with a hot iron. The oil will be absorbed by the paper. Shift the latter so as to cover the stain with a clean part, and repeat the process until the board is free from grease. If this is not sufficient for removing long-standing spots, mix some pipe clay or some fuller's earth with a little turpentine, rub the mixture well into the stains over night, and remove it the next day with a piece of glass. Scrub the boards afterwards with hot water.

Stains upon marble may be removed by using this composition: Two parts common soda, I part pumice stone, and I part finely-powdered chalk; sift through a fine sieve and mix with water; rub it well over the marble and wash off with soap and water. Polish the marble with a piece of flannel or old felt.

Whenever ink is spilled, take salt at once and pile it on the place. When saturated remove it, and use fresh. It will take out every trace of ink, even from the purest marble.

### PASTE FOR PAPERING HARD-FINISHED WALLS.

Take a handful of white glue, and put in a tin can, putting in enough water to nearly cover it; set the can in a kettle of water and let boil until it thoroughly dissolves the glue; then proceed to make a paste with water and flour after the same manner you would make ordinary boiled starch, only have it somewhat thicker; after it has boiled sufficiently, take off the fire and stir in the dissolved glue and you will not complain of paper coming loose from walls again. It will stay on as long as the wall stands.

### TO POLISH WAXED OR HARDWOOD FLOORS.

Take I pound yellow bees'-wax and ½ pound potash; boil I hour until well mixed; strain through a cloth; put on with a wide, flat brush, hot; brush as soon as dry; have a brush made for the purpose—stiff and very heavy, with long handle put on the side; use no oil. Keep the preparation on hand in case of any liquid touching and removing the wax. Wipe daily with dry flannel.

## TO REVIVE GILT FRAMES.

Take 2 ounces white of eggs, I ounce chloride of lime or soda, mix well; blow the dust from the frame, and apply with a soft brush.

## CHERRY STAIN.

Four ounces anatto, 3 quarts rain water. Boil in a copper kettle till anatto is dissolved; put in a piece of caustic potash size of a walnut, and boil gently  $\frac{1}{2}$  hour longer.

## EBONY STAIN.

Take a solution of sulphate of iron, and wash the wood over with it 2 or 3 times; let it dry and apply 2 or 3 coats of a strong decoction of logwood. Wipe the wood, when dry, with a sponge and water and polish with oil.

## FLOOR STAIN.

One gallon boiled linseed oil, 5 cents' worth or 2 heaping table-spoons burnt umber; heat the oil hot in an iron kettle—soap will clean it easily—then stir in the finely-powdered umber, and with an old paint brush apply it as hot as you can; then, says a lady in the *Blade*, farewell scrubbing. A mop, wrung out of warm water, will clean it nicely.

### WALNUT STAIN.

Dissolve I part potassium permanganate in 30 parts water, and apply twice in succession; in 5 minutes wash with clear water.

### HOME-MADE CHAIR-BOTTOMS.

An experienced housewife tells how to replace the worn out bottoms of chairs with a substitute which she says is nice and durable. Take strong, heavy wrapping paper, cut out just the form you desire, and with a firm paste stick 6 thicknesses of the paper together, making a thick pasteboard. Trim the edges smooth like the pattern you cut, and with round headed tacks nail it to the frame. After it is well dried, varnish it, and you have a neat, strong seat to the chair with little or no expense.

## FAMILY GLUE.

Crack the glue and put it in a bottle; add common whiskey; shake up, cork tight, and in 3 or 4 days it can be used. It requires no heating, will keep for almost any length of time, and is at all times ready to use except in the coldest of weather, when it will require warming. It must be kept tight so that the whiskey will not evaporate. The usual corks or stoppers should not be used. It will become clogged; a tin stopper covering the bottle, but fitting as closely as possible, must be used.

## LIQUID GLUE.

Fill a jar with broken pieces of glue, pour in enough acetic acid to cover, set the jar in a dish of hot water for several hours, till it melts, and you will have a glue that is good and always ready.

## FURNITURE POLISH.

The subjoined simple preparation will be found desirable for cleaning and polishing old furniture: Over a moderate fire put a perfectly clean vessel; into this drop 2 ounces of white or yellow wax; when melted add 4 ounces pure turpentine; then stir until cool, when it is ready for use. The mixture brings out the original color of the wood, adding a luster equal to that of varnish. By rubbing with a piece of fine cork, it may, when it fades, be renewed.

### HOME FURNITURE POLISH.

To clean oil-finished paint or hard wood use weak tea, almost cold, and remove the dust and discoloration, and then rub it over with a flannel cloth dipped in furniture polish, made of  $\frac{1}{3}$  linseed oil,  $\frac{1}{3}$  turpentine and  $\frac{1}{3}$  vinegar; shake it well together in a bottle, and pour it into a saucer and rub hard. It is a very satisfactory polish.

### FINE POLISH FOR FURNITURE.

Mix well I pound olive oil, I pound refined oil amber, and I ounce tincture of henna. Keep in a well-stoppered bottle; apply with a tuft of cotton and rub dry with a soft cotton cloth.

# CHAPTER XXX.

## TOILET RECIPES.

### THE HANDS.

A delicate, well-kept hand is one of the chief points of beauty; therefore every woman who would add to her attractions should bestow careful attention to those details which affect not only her personal appearance, but reveal a refined and cultured mind. Wash the hands always in warm water, and do not be sparing with the brush or the soap. If, in cold weather, your hands are liable to chap, keep a small pot of honey, and, just before you dry your hands dip in a finger and well rub the hands round and round, give a slight rinse and dry carefully, dust a little oat-meal on them and rub off with a dry towel.

To whiten and soften the hands the following are excellent:

### ALMOND PASTE.

To make good almond paste, obtain of sweet and bitter almonds each 2 ounces; pound to a paste, and work up with ½ ounce Windsor soap cut in fine shreds; to this add 2 drachms spermaceti, ½ ounce oil of almonds, and 12 drops oil of bergamont. Subject to gentle heat, stir well, and cool in shina pots.

## WASH FOR HANDS.

A mixture of honey, lemon-juice and eau de cologne is exceedingly useful to whiten the hands when discolored by sun, wind or work, and may be kept mixed for the purpose in a small toilet jar. Take I wine-glass of each ingredient and mix well; then pour into the jar and keep closely corked. This may be applied night or day, and the inside of the fingers rubbed with pumice-stone.

## COLD CREAMS.

Ist. Heat gently together 4 parts olive oil, and I part white wax until a uniform liquid mass is obtained, when a little color and any

desired perfume may be added. The mixture may now be allowed to cool, but must be stirred while cooling to prevent the separation of the wax. This preparation softens the skin and is nice for wounds and chapped hands.

2d. The following makes a very good cold cream: Melt together I drachm white wax, I of spermaceti and 2 ounces olive oil; add 2 ounces rose water and ½ ounce orange flower water; rub together till they are thoroughly incorporated, and the mixture is of the consistency of cream.

### CARE OF THE TEETH.

The teeth require to be kept particularly clean, rather than the application of mouth washes and elaborate dentifrices. The more simple the ingredients used, the better. Unless recommended by a good dentist, all tooth powders reputed to have beautifying effects should be used with caution. Washing the teeth night and morning is the best preservative of their beauty and soundness. If encrusted with tartar or other discoloring matter, have it removed by a dentist.

### SOZODONT.

The following is said to be the composition of this much advertised tooth-wash: One-half ounce potassium carbonate, 4 ounces honey, 2 ounces alcohol, 10 ounces water, oils of wintergreen and rose sufficient to flavor.

### THE GUMS.

For diseased and inflamed gums, 2 parts golden seal, I part powdered burnt alum, and 2 parts glycerine, made into a paste and rubbed on the gums and around the teeth at night, strengthens and restores the gums to health, provided no tartar is present to cause the disease, which must be removed first before applying.

## LIP SALVE.

Dissolve I small lump white sugar in I tablespoon rose-water (common water will do, but is not so good); mix it with 2 large

spoons sweet oil, I piece spermaceti, the size of ½ a butternut; simmer the whole well together 8 or 10 minutes, then turn it into a small box.

## TOOTH POWDERS.

These formulas are of many years' standing:

1st. One-fourth pound precipitated chalk, ½ pound orris root, 1-8 drachm carmine, I ounce powdered sugar, ½ drachm each of attar of roses and neroli.

2nd. One-fourth pound each of honey, prepared chalk and orris root, I drachm each of tincture opium and myrrh, and ½ drachm each of essence cloves, nutmeg, and rose.

3rd. Mix 2 ounces cuttle-fish, I ounce cream of tartar, 1/2 ounce orris root.

4th. For a good tooth powder mix together 1 ounce powdered orris root, 1 drachm gum camphor, 2 drachms powdered myrrh, ½ ounce prepared chalk.

## FACE.

## CURE FOR SUNBURN AND FRECKLES.

For sunburn or light freckles on face or hands, take I drachm hydrochinon, by weight; ½ drachm glacial phosphoric acid, 2 drachms glycerine, and 6 ounces distilled water. This lotion may be prepared by any apothecary at a small cost, and is reliable. It is to be applied morning and night, after thoroughly cleansing the skin.

## FACE WASH.

Mix together 10 cents' worth each of bismuth, bay-rum and rosewater, and  $\frac{1}{2}$  teaspoon glycerine.

## OATMEAL WASH.

To prepare oatmeal for the complexion, put I pound fine meal in 3 pints cold water; let it stand I2 hours, then put it in thin bag

to drip. To the distilled liquid add I ounce glycerine and I gill alcohol. This is a delightful wash for the face and hands making the skin soft as velvet.

## BALM OF BEAUTY

Equal parts of cocoa-nut oil, white wax and glycerine with I drop or 2 of attar of roses makes a most delightful "balm of beauty," and is the most refreshing unguent for chapped hands and face. It will also smooth out the wrinkles if applied nightly during the winter weather.

## TO REMOVE WRINKLES.

Ist. A secret to take away wrinkles is to heat an iron shovel red hot, throw on it I spoon of myrrh in powder and smoke the face over it, covering person and shovel with a sheet to keep in the fumes. Repeat this 3 times, heat the shovel again, and pour on it 2 teaspoons of white wine, steaming the face with it 3 times.

2nd. Take equal parts glycerine and rose-water and a few drops carbolic acid, and rub the face every night.

### TOILET BAGS.

Delightful little toilet bags are just now making their appearance, filled with bran, grated olive soap and almonds, which pressed in water a few seconds give a creamy lather to be rubbed on the face, neck and body, and wiped off with a soft towel, without rinsing. Those who like can make their own almond meal as follows: One pound grated almonds, flour the same, 1/4 pound powdered orris, 1/2 ounce lemon-oil, 1/4 ounce oil of bitter almonds.

The almond powder for the hands is ½ pound blanched and powdered almonds, 4 ounces grated castile soap, I ounce orris powder, 3 ounces finely powdered pumice-stone, I drachm oil bitter almonds.

### FOR THE BATH.

As a dressing in the bath, take 2 quarts water with 2 ounces glycerine, scented with rose, which will impart a final freshness and delicacy to the skin.

#### MILK OF ROSES.

Drop by drop, add I ounce simple tincture benzoin to I quart rose-water—shaking all the time to avoid lumping. Then, I drop at a time, add 20 or 30 drops tincture myrrh; mix well, bottle, cork, and bathe the face and neck with it once or twice a day.

# THE HAIR.

The hair should be washed daily in pure water and rubbed dry with a soft towel, and should be thoroughly combed and brushed. A small quantity of oil may, if desired, be used; olive oil is the simplest and best.

The eyebrows should be daily brushed in the artistic line of the brow, and a few drops of olive oil may occasionally be applied with advantage.

The eyelashes should have their tips cut once a month, and be washed daily in pure water. If subject to entanglement, the offending hairs may be clipped and trained away from each other. The eyelashes may, also, occasionally be touched with a little oil.

To the moustache and beard, all that has been said about washing, combing, brushing, cutting, and occasional oiling, applies with equal force.

# HAIR DRESSING.

One of the pleasantest and best of hair dressings can be made by the following recipe, which forms the base of many of the most popular preparations in use:

Six ounces castor oil (pure and fresh), 2 ounces alcohol (95 per cent), I drachm oil bergamot; mix and shake well. Bergamot is an exquisite and favorite perfume, but any fragrant oil, such as rosemary or lavender, may be substituted, if preferred. The proportions of the recipe are excellent, yet one may make the dressing less oily, if liked, by omitting an ounce or two of the oil.

#### BALDNESS.

Dr. Wm. F. Hutchinson in the American Magazine says of the falling out of the hair:

Baldness is so widely spread, and so universal among us that it is quite fashionable. Nevertheless, I shall give a couple of recipes for that form that is accompanied by falling of dandruff—what is technically known as dry seborrhea of the scalp. In 9-10 of these cases, a cure is possible; that is, hair may be restored if sufficient patience is allotted with other treatment. Owing to barbers' failure to give back to man his hair, a general impression exists that it is no use to try; once bald, always bald.

This is scarcely ever true of seborrhea, not in 50 per cent of cases from other causes; and whosoever will try these recipes will be convinced of their efficacy.

For a week at the outset of treatment, the scalp is to be thoroughly washed with a reliable tar soap, such as any apothecary sells, drying the hair thoroughly, but not rinsing out the tar. If hair has vanished, let the lather dry upon bare spots. Then begin with a wash composed of I drachm pure resorcin,  $\frac{1}{2}$  ounce castor oil, and  $7\frac{1}{2}$  ounces bay-rum; mix.

This is to be applied morning and night, and well rubbed in.

After 2 weeks of this lotion have the following pomade prepared, and rub into scalp and hair a portion the size of a hazelnut every morning: Ten grains salicylic acid, 5 grains ammoniated mercury, and I ounce cold cream.

After one week's careful attention to this treatment, the bald spots will be covered with a fine, thick, silky growth, that is a fore-runner to a crop worth having.

#### SUPERFLUOUS HAIRS.

No drugs of any kind should be used to remove these; such remedies while destroying the hair-root, must of necessity injure the skin. The proper method is to pull each hair from its sheath by means of a pair of tweezers, and apply afterward a little carbonate of bismuth moistened with glycerine. They will not grow again if the operation be performed properly.

#### COLOGNE WATER.

Take 5 drachms, each of essence of bargamot and of citron, 4 drachms essence of lemon, 2½ drachms essence of rosemary, 3 drops essence of orange-flower, 1 quart alcohol; mix together. Those who prefer a fuller perfume may add 5 drachms of lavender.

#### LAVENDER WATER.

Take I pint spirits of wine, ½ ounce lavender oil, ½ ounce bergamot, I shilling's worth of musk; mix all together in a bottle, and shake it occasionally. The longer it is kept the better it becomes.

# HOW TO KEEP BLACK GLOVES FROM CROCKING.

Black cotton gloves will not crock the hands if scalded in salt and water before wearing. The salt prevents fading. When almost dry, one should put them on, in order to stretch them and keep them in good shape.

#### CLEANING GLOVES.

Take I quart deodorized benzine, I drachm sulphuric ether, I drachm chloroform, and 2 drachms alcohol. Cologne water can be added if desired. Pour a little of this into a clean bowl, and wash the gloves in it as you would wash anything. After the dirt is nearly out, rinse in more of the clean fluid. Usually I rinsing is enough, but if the gloves are very much soiled, rinse the second time. If the gloves are of cheap kid it is best to dry them on the hands, but a nice glove, after having been rubbed with a soft cloth to smooth out the wrinkles, may be hung on a line to dry.

This preparation is an excellent thing to keep in the house, not only for cleaning gloves, but for taking out grease spots from carpets and clothing, and for sponging coat collars and felt hats.

# TO CLEAN JEWELRY.

Wash in soap suds; rinse in diluted alcohol, and lay in a box of dry sawdust to dry. As simple as this seems, it is the very nicest way possible to clean gold chains or ornaments of any kind.

#### TO CLEAN HAIR BRUSHES.

By using hot, moderately strong soda water to clean them, the bristles of hair brushes will remain white and stiff for a long time.

#### OFFENSIVE FEET.

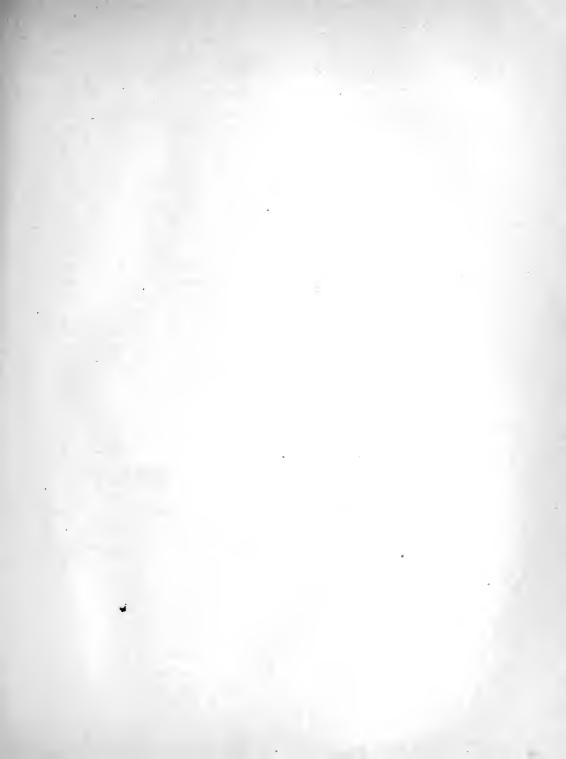
Take I part muriatic acid to IO parts water; rub the feet every night with this mixture before retiring to bed.

# SULPHUR AND TAR SOAPS.

Take a 1-pound bar of any good, hard white soap, cut it fine and put it into a small jar and set into a basin of water and set on the stove till the soap is melted, then stir in, thoroughly, I ounce of the flour of sulphur and pour into a paper or wooden box to cool, cut it into squares and dry it, and your sulphur soap will be as good as any you buy. For the tar soap, do the same as above, except stir in ½ ounce creosote, which is the same in action as tar—contains the active principle of tar. Combine them if you like; the combination works very mildly on any irritable skin.

#### TOILET SOAP.

One pound washing soda, I pound lard or clear tallow, ½ pound unslaked lime, I tablespoon salt, 3 quarts water. Put the soda and lime in a large dish, and pour over the water, boiling hot; stir until dissolved; let it stand until clear; then pour off the clear liquid, add the grease and salt; boil 4 hours, then pour into pans to cool. If it should be inclined to curdle or separate, indicating the lime to be too strong, pour in a little more water, and boil again. Perfume as you please, and pour into molds or a shallow dish, and, when cold, cut into bars to dry.





MOTHERHOOD.

# CHAPTER XXXI.

# OUR LITTLE ONES.

The awakening spring, the opening day, the rose or calla just bursting into bloom, and like initiatory functions of nature call forth our highest praise and admiration, but none of these call for the expression of love, solicitude and protecting care as does that trembling spark of humanity just launched forth in its bark on the wild tossing waves of life's deep sea. Baby is here, and we trust has come to stay, and to that end and his future welfare this chapter is indited.

Beginning with the question of food, we shall touch those points which most appeal to baby's health and happiness. An old physician gave as a recipe for happy babies "plenty of sleep, plenty of milk and plenty of flannel." To this trinity many thousand healthy, happy babies can attest.

At birth the stomach is feeble, and as yet unaccustomed to food; its cravings are consequently easily satisfied, and frequently renewed. At that early age there ought to be no fixed time for giving nourishment. The stomach cannot be thus satisfied. The active call of the infant is a sign which needs never be mistaken.

But care must be taken to distinguish between the crying of pain, uneasiness or loneliness, as is often the case when just awakening from sleep, and the call for food; and the practice of giving an infant food, to stop its cries, is often the means of increasing its suffering. After a child has satisfied its hunger, from 2 to 4 hours should intervene before another supply is given.

At birth, the stomach and bowels, never having been used, contain a quantity of mucous secretion, which requires to be removed. To effect this, Nature has rendered the first portions of the mother's milk purposely watery and laxative. Nurses, however, distrusting nature, often hasten to administer some active purgative; and the consequence often is, irritation in the stomach and

bowels, not easily subdued. It is only where the child is deprived of its mother's milk, as the first food, that some gentle laxative should be given.

Take particular care of the food of an infant. If it is nourished by the mother, her own diet should be simple, nourishing, and temperate. If the child be brought up "by hand," the milk of a new-milch cow, mixed with one-third water, and sweetened a little with white sugar, should be the only food given, until the teeth come. This is more suitable than any preparations of flour and arrowroot, the nourishment of which is too highly concentrated. Never give a child bread, cake, or meat, before the teeth appear. If the food appear to distress the child after eating, first ascertain if the milk be really from a new-milch cow, as it may otherwise be too old. Learn, also, whether the cow lives on proper food. Cows that are fed on still-slops, as is often the case in cities, furnish milk which is very unhealthful.

Dr. Clarke, Physician in Ordinary to the Queen of England, expresses views on one point, in which most physicians would coincide. He says, "There is no greater error in the management of children, than that of giving them animal diet very early. By persevering in the use of an over-stimulating diet the digestive organs become irritated, and the various secretions immediately connected with digestion, and necessary to it, are diminished, especially the biliary secretion. Children so fed become very liable to attacks of fever, and inflammation, affecting particularly the mucous membranes: and measles and other diseases incident to childhood, are generally severe in their attacks."

Be sure and keep a good supply of pure and fresh air in the nursery. An action, brought by the commonwealth, ought to lie against those persons who build houses for sale or rent, in which rooms are so constructed as not to allow of free ventilation; and a writ of lunacy taken out against those who, with the common-sense experience which all have on this head, should spend any portion of their time, still more, should sleep, in rooms thus nearly air-tight.

After it is a month or two old, take an infant out to walk, or ride, every fair and warm day but be very careful

that its feet, and every part of its body, are kept warm; and be sure that its eyes are well protected from the light. Weak eyes, and sometimes blindness, are caused by neglecting this precaution. Keep the head of an infant cool, never allowing too warm bonnets, nor permitting it to sink into soft pillows when sleeping. Keeping an infant's head too warm very much increases nervous irritability; and this is the reason why medical men forbid the use of caps for infants. But the head of an infant should, especially while sleeping, be protected from draughts of air, and from getting cold.

Be very careful of the skin of an infant, as nothing tends so effectually to prevent disease. For this end, it should be washed all over every morning, and then gentle friction should be applied with the hand, to the back, stomach, bowels, and limbs. The head should be thoroughly washed every day, and then brushed with a soft hair-brush, or combed with a fine comb. If, by neglect, dirt accumulates under the hair, apply with a finger the yolk of an egg, and then the fine comb will remove it all, without any trouble.

Dress the infant so that it will be always warm, but not so as to cause perspiration. Be sure and keep its feet always warm; and for this often warm them at a fire, and use long dresses. Keep the neck and arms covered. For this purpose, wrappers, open in front, made high in the neck, with long sleeves, to put on over the frock, are now very fashionable.

It is better for both mother and child, that it should not sleep on the mother's arm at night, unless the weather be extremely cold. This practice keeps the child too warm, and leads it to seek food too frequently. A child should ordinarily take nourishment but twice in the night. A crib beside the mother, with plenty of warm and light covering, is best for the child; but the mother must be sure that it is always kept warm.

Never cover a child's head, so that it will inhale the air of its own lungs. In very warm weather, especially in cities, great pains should be taken to find fresh and cool air by rides and sailing. Walks in a public square in the cool of the morning, and frequent excursions in ferry or steamboats, would often save a long bill for

medical attendance. In hot nights, the windows should be kept open, and the infant laid on a mattress, or on folded blankets. A bit of straw matting, laid over a feather bed and covered with the under sheet, makes a very cool bed for an infant.

Cool bathing, in hot weather, is very useful; but the water should be very little cooler than the skin of the child. When the constitution is delicate, the water should be slightly warmed. Simply sponging the body freely in a tub, answers the same purpose as a regular bath. In very warm weather, this should be done 2 or 3 times a day, always waiting 2 or 3 hours after food has been given.

When the stomach is peculiarly irritable, (from teething,) it is of paramount necessity to withhold all the nostrums which have been so falsely lauded as "sovereign cures for cholera infantum." The true restoratives for a child threatened with disease are cool air, cool bathing, and cool drinks of simple water, in addition to proper food, at stated intervals.

Do not take the advice of mothers who tell of this, that, and the other thing, which have proved excellent remedies in their experience. Children have different constitutions, and there are multitudes of different causes for their sickness; and what might cure one child, might kill another, which appeared to have the same complaint. A mother should go on the general rule of giving an infant very little medicine, and then only by the direction of a discreet and experienced physician. And there are cases, when, according to the views of the most distinguished and competent practitioners, physicians themselves are much too free in using medicines, instead of adopting preventive measures.

Do not allow a child to form such habits that it will not be quiet unless tended and amused. A healthy child should be accustomed to lie or sit in its cradle much of the time; but it should occasionally be taken up and tossed, or carried about for exercise and amusement. An infant should be encouraged to *creep*, as an exercise very strengthening and useful. If the mother fears the soiling of its nice dresses, she can keep a long slip or apron which will entirely cover the dress, and can be removed when the child is taken in the arms. A child should not be allowed, when quite

young, to bear its weight on its feet very long at a time, as this tends to weaken and distort the limbs.

Many mothers, with a little painstaking, succeed in putting their infants into their cradle while awake, at regular hours for sleep: and induce regularity in other habits, which saves much trouble. The remedy for sleepless babies is simplicity itself. At the same hour daily take the child into a darkened room of comfortable temperature, take off its boots, see that the little feet are warm; loosen its clothing, and let the natural organic functions of the body be attended to. Lay the child on a comfortable bed; give it its food. If there is to be a lullaby let it be a veritable one, and not loud enough to waken the seven sleepers. The child may not go to sleep the first day, but do not despair; go through exactly the same performance the second day, and the third, and so on, always patiently. The mother's or nurse's mood, as much as anything, is a matter of moment. The quiet, the darkened room, the soothing voice, the perfect comfort of the body, will tell upon the rebellious little spirit before many trials have been made. The battle once won is easily held.

In warm weather it is best to undress a child for its nap.

Whatever the number of naps taken, they should evenly divide the waking hours so far as possible. For example, if there are two, let one be in the middle of the forenoon, and one in the middle of the afternoon; if there is but one, it should come about noon.

During this training process a child may cry, at first, a great deal; but for a healthy child, this use of the lungs does no harm, and tends rather to strengthen than to injure them, unless it becomes extremely violent. A child who is trained to lie or sit and amuse itself, is happier than one who is carried and tended a great deal, and thus rendered restless and uneasy when not so indulged.

Crying children are oftener than not taught to cry. How many times one hears: "No, you cannot have that!" and then, after the baby has set up a prolonged howl: "Well, take it then, and stop your noise! What is a body to do with such a child?" How often we should all cry if we got whatever we wanted by so doing. It is not an easy matter to break the crying habit once it is established,

but it can be done and should be done. Stop putting the premium on crying. If the child can have what he wants, give it to him before he cries, not afterwards. A child does not have to be very old to learn whether he rules or is ruled.

Not all children can be taught in the same way. Firmness and good judgment are desirable attributes for the teacher, whether it be father, mother, or nurse, but sympathy is also important.

If the rational treatment of children were only for their good alone, it were surely worth while, but it means immunity from much wear and tear for the mother, and honestly-purchased peace and sunshine for the home as well.

The most critical period in the life of an infant is that of dentition or teething, especially at the early stages. An adult has 32 teeth, but young children have only 20, which gradually loosen and are followed by the permanent teeth. When the child has 10 teeth on each jaw, all that are added are the permanent set, which should be carefully preserved; this caution is needful, as sometimes decay in the first double teeth of the second set are supposed to be of the transient set, and are so neglected, or are removed instead of being preserved by plugging. When the first teeth rise so as to press against the gums, there is always more or less inflammation, causing nervous fretfulness, and the impulse to put everything into the mouth. Usually there is disturbed sleep, a slight fever, and greater flow of saliva; this is often relieved by letting the child have ice to bite, tied in a rag.

The temporary teeth should not be removed until the new ones appear, as it injures the jaw and coming teeth; but as soon as a new tooth is seen pressing upward, the temporary tooth should be removed, or the new tooth will come out of its proper place. If there is not room where the new tooth appears, the next temporary tooth must be taken out. Great mischief has been done by removing the first teeth before the second appear, thus making a contraction of the jaw.

Most trouble with the teeth of young children comes from neglect to use the brush, to remove the tartar that accumulates near the gum, causing disease and decay. This disease is sometimes called scurvy, and is shown by an accumulation around the teeth and by inflamed gums that bleed easily. Removal of the tartar by a dentist and cleansing the teeth after every meal with a brush will usually cure this evil, which causes loosening of the teeth and a bad breath.

When an infant seems ill during the period of dentition, the following directions from an experienced physician may be of service: It is now an accepted principle of all the medical world that fevers are to be reduced by cold applications; but an infant demands careful and judicious treatment in this direction; some have extremely sensitive nerves, and cold is painful. For such, tepid sponging should be used near a fire, and the coldness increased gradually. The sensations of the child should be the guide. Usually, but not always, children that are healthy will learn by degrees to prefer cold water, and then it may safely be used.

In case of constipation, this preparation of food is useful: One tablespoon of unbolted flour wet with cold water; add I pint hot water and boil 20 minutes. Add, when taken up, I pint milk. If the stomach seems delicate and irritable, strain out the bran, but in most cases retain it.

The food of the infant is frequently a source of constipation. It may be too starchy, or if the infant is still in milk diet, there may be too much casein and too little sugar. An excellent authority speaks of the latter and recommends giving, when such a cause is suspected, a lump of sugar dissolved in warm water before each nursing. Dr. J. Lewis Smith recommends apple, scraped or baked, or apple sauce, which may be given to quite young children.

A liberal use of water sometimes has a beneficial effect. Many forget to give the baby a drink of water, not remembering that that beverage is a necessity to the infant as well as to the adult.

In case of diarrhœa, walk with the child in arms a great deal in the open air, and give it rice-water to drink.

The warmth and vital influences of the nurse are very important, and make this mode of exercise both more soothing and efficacious, especially in the open air, the infant being warmly clad.

In case of feverishness from teething or from any other cause,

wrap the infant in a towel wrung out in tepid water and then wrap it in a woolen blanket. The water may be cooler according as the child is older and stronger. The evaporation of the water draws off the heat while the moisture soothes the nerves, and usually the child will fall into a quiet sleep. As soon as it becomes restless, change the wet towel and proceed as before.

The leading physicians of Europe and of this country, in all cases of fever, use water to reduce them, by this and other modes of application. This method is more soothing than any other, and is as effective for adults as for infants.

# CHAPTER XXXII.

# FOOD, DRINK AND NURSING.

#### ACID DRINKS.

Ist. Peel or wash 60 or 70 Malaga grapes, and pour I pint boiling water upon them; cover them and let them stand until the water is cold.

2nd. Pour 1 pint boiling water upon 2 tablespoons currant jelly, and stir until the jelly is dissolved.

3rd. Tart berries may be used in the same way to make very refreshing acid drinks for persons recovering from fevers.

#### GUM ARABIC WATER.

Suspend I ounce gum arabic tied in a piece of thin cotton cloth in I pint warm water, in about I hour it will be dissolved; squeeze into it the juice of I lemon and sweeten to taste. Cool with ice or by putting in a cool place. More water can be added if desired. Good in fevers.

#### SLIPPERY-ELM TEA.

Break the bark into bits, pour boiling water over it, cover, and let it infuse until cold. Sweeten, ice, and take for summer disorders, or add lemon-juice and drink for a bad cold.

Put I teaspoon powdered slippery-elm into a tumbler, pour cold water upon it, and season with lemon and sugar.

# TAMARIND WATER.

Put tamarinds into a pitcher or tumbler till it is  $\frac{1}{4}$  to  $\frac{1}{3}$  full; then fill up with cold water, cover it, and let it infuse for  $\frac{1}{2}$  hour or more.

Currant jelly or cranberry-juice mixed with water makes a pleasant drink for an invalid.

# TOAST WATER, OR CRUST COFFEE.

Take stale crusts of bread, toast them a nice, dark brown, care to be taken that they do not burn in the least, as that affects the flavor. Put the browned crusts into a large pitcher, and pour enough boiling water over to cover them; cover the pitcher closely, and let stand until cold. Strain, and sweeten to taste; put a piece of ice in each glass.

#### KOUMISS.

Dissolve 4 ounces white sugar in I gallon skimmed milk, and place in bottles of the capacity of I gallon, add 2 ounces baker's yeast, or I cake of compressed yeast to each bottle; cork and tie securely and set in a warm place until fermentation is well under way, then lay the bottles on their sides in a cool cellar. It will be good in 3 days.

#### BEEF TEA.

In the preparation of beef-tea, according to the following recipe, the albumen of the tissue is preserved in a fluid form and is easily assimilated, forming a true food: Take I pound fresh beef off the round, and scorch it quickly and very slightly on one side before the coals, cut it up as fine as hash, put it in an earthen bowl and pour on ½ pint tepid water (not over 90 ° F.), and let it stand for 2 hours in summer temperature near the stove, covered by a saucer, on the kitchen mantelpiece. Then strain and squeeze through clean linen, take the expressed juice and put it in a thick pie-dish on the back of the stove, and stir steadily for 5 or 10 minutes. Never let it get warmer than 150°. Try the temperature by the finger. When it takes a darker hue, as butternut or walnut shade, it is done; season with a little salt. If you heat it up to 100°, all the albumen will coagulate, and it will be spoiled as a food. You may depend upon the deepening of the color. This beef-juice has a cooked flavor and is of a port-wine color. It is a valuable food.

#### BEEF TEA.

Cut all the fat from I pound fresh beef, then cut the lean meat into small dice-like pieces; add I pint cold water to draw out the juices; boil 20 or 30 minutes, skimming it carefully, then strain, and salt to taste.

### PREPARED BEEF.

Take I pound lean tender beef, remove every particle of fat from it, and scrape it up with a very sharp knife into a perfect pulp, then with a knife and fork—a sharp knife always—mince the pulp still finer, put it in a sauce-pan with salt and pepper to taste, I tablespoon cold water, 2 tablespoons rich sweet cream, a piece of fresh butter the size of a hen's egg, and set it on the stove to cook, stirring it constantly.

When it has been cooking I or 2 minutes, but still looks rare, stir in I tablespoon cracker dust and I teaspoon mixed mustard. If you have no cracker dust, cream I teaspoon flour with butter and stir that in; stir well and let it cook I or 2 minutes, but not too long, or it will be inevitably spoiled. Take it up while it is still slightly rare, or at most only just done. Use the same proportions in preparing a larger quantity for the table. It makes a charming breakfast dish.

#### BEEF SANDWICHES.

Scrape fine a small piece of fresh, juicy, tender raw beef; season highly with salt and pepper; spread it on thin slices of bread, put them together like a sandwich, and cut into small squares or diamonds. This will often tempt a patient who could not otherwise take raw meat. The sandwiches are sometimes made more palatable by toasting them slightly.

#### CHICKEN BROTH.

Make the same as mutton or beef broth. Boil the chicken slowly, putting on just enough water to cover it well, watching it closely that it does not boil down too much. When the chicken is tender, season with salt and a very little pepper. The yolk of an egg beaten light and added, is very nourishing.

#### CREAM OF RICE.

Cream of rice is a dainty dish to set before the king, or greater than the king, the convalescent friend. Things taste better for coming in unexpectedly, and the friends of invalids do well to rack their brains for some pretty novelty to waken appetite or restore exhausted strength. To make the cream of rice, boil the uncooked breast of a fowl and a cup of rice in chicken broth until soft enough to rub through a fine sieve; thin the paste thus formed with boiling milk, seasoned with salt, pepper and nutmeg to the consistency of thick cream.

### EGG CREAM.

Beat a raw egg to a stiff froth; add I tablespoon white sugar, and ½ glass home-made blackberry or black cherry wine; beat well; add ½ glass cream; beat thoroughly and use at once. This is a full meal for an invalid, and is especially good where trouble of throat, mouth or stomach prevents solid food being used.

# EGGS FOR THE SICK.

To prepare an egg for a sick person, beat the egg until very light; add seasoning to taste, and then steam until thoroughly steamed through. This will not take more than 2 minutes. The most delicate stomach will be able to digest it.

#### SOFT-BOILED EGGS.

Pour boiling water on a fresh egg in a teacup, cover with a saucer, and let it stand for 5 minutes or more. If 2 eggs are to be cooked, a small bowl may be used. This plan prevents the coagulation of the white, and is very delicate.

#### GRUEL.

Gruel can be made from oat-meal, wheat flour, or corn-meal. In all cases these things should be first mixed smoothly, with a little

cold water, and afterwards more water added; boil, and season to taste. Two tablespoons of any of them is enough to make I pint, when boiled. A few raisins boiled in gruel is an improvement.

#### GRUEL FOR INFANTS.

To make a gruel for infants suffering from marasmus, take I pint goat's milk and the yolks of 2 eggs boiled sufficiently hard to reduce to an impalpable powder; add I pint boiling water, a little salt or sugar, and administer by a nursing bottle.

# ARROW-ROOT JELLY.

One cup boiling water, 2 heaping teaspoons best Bermuda arrow-root, I teaspoon lemon-juice, and 2 teaspoons white sugar; wet the arrow-root in a little cold water, and rub smooth; then stir into the hot water, which should be on the fire and actually boiling at the time, with the sugar already melted into it; stir until clear, boiling steadily all the while, and add the lemon-juice; wet a cup in cold water, and pour in the jelly to form. Eat cold with sugar and cream, flavored with rose-water.

# BEEF JELLY FOR INVALIDS.

Three small onions, 3 small or 1½ large carrots, a few whole cloves and black pepper, I small teaspoon sugar, I slice ham, 2 calf's feet, 1½ pounds beef; put in the onions and other ingredients in succession; place the ham on top, then the calf's feet, and lastly the beef; no water; put on the side of the range, and let it stand until reduced to a soft mass; then add I quart water and let it boil I hour; strain and let stand until cold, then take off the fat. Use by dissolving a little in hot water.

# MILK JELLY.

As a variation in milk diet, the following is recommended by Prof. Liebreich: Heat I quart milk with I pound sugar, and when the sugar is dissolved continue the heat, at a boiling temperature, for about 10 minutes. Now cool it well and then add, slowly

stirring, a solution of I ounce gelatine in I cup water; next add the juice of 3 or 4 lemons; set the glasses containing the mixture in a cold place, so that the contents may gelatinize. It is necessary to have the milk quite cold before the other ingredients are added, as it would otherwise curdle.

# SAVORY JELLY.

To I packet gelatine put I pint cold water and let it soak 1/2 hour, then pour on it 2 pints boiling water, and stir until thoroughly dissolved; add to it I pound white sugar - a little more if you do not think it quite sweet enough; tastes vary in this respect - I 3-inch long stick cinnamon, the thinly-pared rind of 2 lemons, and the juice of 3; let this cool until just milk-warm; beat 3 eggs, first draining off the whites carefully into a bowl; dip out I teacup jelly, and mix it well with egg-white, then stir all into the jelly; mix it in thoroughly, pour the jelly into a porcelain-lined kettle, and set it on a slow fire; stir it constantly, until it begins to boil and rise up towards the top of the kettle, then lift it off, and let it stand a minute or two; there will be a foam on top, which must be skimmed off; dip out the stick of cinnamon and pieces of lemon rind, and then pour the jelly through a flannel bag; it will take a very little time to run through, and will be beautifully clear and sparkling and perfectly delicious; do not beat the egg-whites as in our grandmother's recipes—stir them in unbeaten; fewer eggs are required, and the jelly runs through the bag without waste or loss of time, and could not be clearer or more beautiful.

# WINE JELLY.

Dissolve ½ ounce gelatine in I gill water; add I teaspoon thick gum arabic water, a little grated nutmeg, and I tablespoon granulated sugar, stirring well together in a stew-pan, adding now ½ pint good port wine, heating to the boiling point, seeing that the sugar is dissolved, then pour into tumblers. Makes a fine jelly for the sick, to eat as a "jell" or to dissolve in a little cold water as a drink. Very nice when wine is admissible, which it generally is.

#### PANADA.

Break in a bowl 2 large crackers, sprinkle a little salt over them, and pour on boiling water enough to cover. When they look clear, they are ready to eat. Some invalids like a little pepper over them, with water enough to be something like soup, and others prefer to keep the crackers whole, and slide them out on a saucer and eat with cream and sugar.

# CHICKEN PANADA.

Skin the chicken and cut it up into joints; take all the meat off the bones, and cut up into small pieces; put it into a jar with a little salt, tie it down, and set it in a sauce-pan of boiling water. It should boil from 4 to 6 hours; then pass it through a sieve with a little of the broth. It could be made in a hurry in 2 hours, but it is better when longer time is allowed. Do not put the wings in the panada.

# MILK PORRIDGE.

Two cups best oatmeal, 2 cups water, 2 cups milk; soak the oat meal over night in the water; strain in the morning, and boil the water ½ hour; put in the milk with a little salt, boil up well, and serve. Eat warm, with or without powdered sugar. In very warm weather the oatmeal may sour by morning, and there is a desiccated oatmeal now sold which can be used without soaking over night.

#### STEWED RAISINS.

Take I pound best raisins, pick them free from stalks; cover in a dish with cold water, steep all night; put them in a stew-pan and bring the water to the boiling point, then simmer until the skins are quite tender; turn into a dish to cool, and they are ready for use. This, with bread, is an excellent dish for persons of weak digestion or for invalids.

### SOUP FOR AN INVALID.

Cut in small pieces I pound beef or mutton, or a part of both; boil it gently in 2 quarts water; take off the scum, and, when reduced to a pint, strain it. Season with a little salt, and take I teacup at a time.

### NURSING.

The following suggestions may be found useful in regard to nursing the sick:

"The sick room should be the most quiet and cheerful room in the house, one far enough removed, if possible, to avoid the sounds from the living rooms, as quiet is one of the cardinal virtues in successful treatment. If the room has a fire-place, so much the better, as it will help in regard to another important thing, and that is pure air. Nothing contributes more to the restoration of the sick, than a proper amount of ventilation. At least twice in every 24 hours the patient should be well covered, and fresh air freely admitted from out of doors, after which, if necessary, the room may be restored to the proper temperature by fire. Bedding and clothing should also be well aired and frequently changed, as the exhalations from a sick person's body are peculiarly deleterious, and if the case admits, which it usually does, bathe the whole body frequently with tepid water. Another essential feature is neatness. A sick person has nothing to do but look around him, and when everything is neat and in order a feeling of comfort is induced. while the reverse, though it may not call forth any remarks, are nevertheless felt.

Whenever medicine or food is given, spread a clean towel or napkin so as to protect the clothes, as nothing is more trying to a weak stomach than soiled or sticky covering.

Food should always be prepared in the daintiest manner. The sense of smell and taste are most susceptible of annoyance, and a little negligence in the preparation of food will take away the appetite. How often will those who have been sick and well attended, look back and almost feel hungry when they think how nice the food tasted, brought in temptingly arranged on a little napkinlined server, the beefsteak broiled and seasoned just right, the toast thin and brown, and the most fragrant tea in a dainty cup; the nurse sweet, gentle and quiet, brought food or drink at the proper time, did not annoy with unnecessary questions, and when she went out or in did not rend the door from its hinges.

Stirring up the bed, turning and cooling the pillows, bathing the

hands and face, drying them thoroughly afterward and all such attentions are always appreciated by those unable to administer to their own wants.

Another important matter is to understand the doctor's directions and to obey them to the letter. If fullest confidence is not placed in the physician in charge it is better to get one in whom you can rely as the most skillful one will be successfully baffled in his efforts by negligence on the part of the nurse. Knowledge, presence of mind, common sense, patience and gentleness are the essential qualities for a good nurse, and those who are called upon to act in that capacity should exercise to their greatest ability these virtues; as one writer remarks: "We are slow to learn the mighty influence of common agencies and the greatness of little things in their bearing upon life and health. The woman who believes it takes no strength to bear a little noise or disagreeable announcements, and loses patience with the weak, nervous invalid who is agonized with creaking doors or shoes, loud, shrill voices or rustling papers, sharp, fidgety motions, or the whispering so common in sick rooms and often so acutely distressing to the sufferer, will soon correct such misapprehensions by experiencing for herself a nervous fever.

The true nurse is ideal, but there are some who approach it closely; her voice is low and gentle, her touch soft and restful; she dresses in soft garments that do not rustle as she moves quietly about; her face is calm and hopeful, and seems surrounded by a presence that conveys at once confidence and healing to the sick.

We cannot close this article in a better way than by emphasizing the observance, on the part of those who are called upon to take a place in this field of labor, of the main points enumerated, for by so doing they will be a blessing to themselves, to those under their care, and, moreover, comply with one of the principal teachings of "Him who came to minister and not to be ministered unto."

#### AN EMERGENCY DRAWER.

In this drawer let there always be ready for use court-plaster, adhesive-plaster and scissors to cut them, I bottle of arnica and I

of hamamelis, I of ipecac syrup, which your physician will teach you to prepare for croup; I of sweet oil and some vasaline or cosmoline; roll bandages of various widths, pieces of old soft linen or cotton, a sponge, strips of flannel for outward bandages over wet compresses, a pair of forceps, a ball of woolen yarn to tie up cut fingers, a pin-cushion with pins, big and little, and needles ready threaded, one with white silk for sewing up wounds, the other with white thread for sewing on bandages; some cotton-batting, a rubber hot-water bottle, a syringe and an alcohol lamp.

To prepare bandages, cut or tear old sheets into strips ranging in width from I to 4 inches, each strip to be rolled by itself making upon the table with the right hand while the left holds it in position. After using these prepared bandages you will never wish to return to hap-hazard rags for doing up cut fingers.

# CHAPTER XXXIII.

# DISEASES AND HOME REMEDIES.

In giving medicines, be exact. As a rule, females are more responsive to medical treatment than males and require smaller doses. If the full dose between 21 and 60 years of age, is 60 grains or drops, the proportion from 14 to 21 years will be 40 grains or drops; from 7 to 14 years, 30; from 4 to 7 years, 20; at 4 years, 15; at 3 years, 10; at 2 years, 8; at 1 year, 3. The size of the drop depends on the density of the fluids, shape of bottle, etc. Of most diluted medicines, 1 teaspoonful equals 60 drops or 1-8 of an ounce; 1 medium size tablespoon equals 4 teaspoons; 1 dessert-spoon equals 2 teaspoons; 1 gill equals 8 tablespoons. It is better to begin with the dose indicated for a person younger than the patient, and gradually increase the dose until the desired effect is produced.

#### ASTHMA.

Take I drachm each of powdered licorice root, powdered elcampane root, powdered anise-seed, IO grains powdered ipecac, IO grains powdered lobelia; add sufficient amount of tar to form into pills of ordinary size. Take 3 or 4 pills on going to bed at night. An excellent remedy for asthma or shortness of breath.

Gather the green leaves of the stramonium, after the plant blossoms, and dry them in the shade. When dry, soak a few hours in a strong solution of purified nitre, common saltpeter does not answer, 3 ounces to 1 pint soft water. Powder the nitre finely, and pour on hot water to dissolve it. Soak the dried leaves in this solution, re-dry in the shade, then pulverize the leaves and keep from the air in box or bottle. Put a rounding teaspoon of the nitrated powder on a plate, and touch a lighted match to the heap, when, if properly done, it burns without a blaze, throwing off considerable smoke. Breathe the smoke arising from it and inhale as much as

you can of the fumes. It will cause some coughing at first, but this helps to clear the throat and bronchial tubes of phlegm, and soon subsides and gives great relief.

Get a muskrat skin and wear it over the lungs, with the fur side next to the body. It will bring relief.

# PECKHAM'S BALSAM.

For Coughs, Sore Throat, Sore Chest, Kidney Difficulties, Wounds, etc.—Three pounds clear, pale rosin, I quart spirits of turpentine, I ounce balsam of tolu, 4 ounces balsam of fir, I ounce each oil of hemlock, origanum, and Venice turpentine, 4 ounces strained honey. Melt the rosin in a suitable kettle or pan over a stove in the day time, so that it shall not be necessary to have a lamp or candle near; and when not too hot put in the turpentine gradually. Mix well and bottle. Dose—Six to 12 drops; for a child of 6 years, 3 to 5 drops on a little sugar. The dose can be varied according to the ability of the stomach to bear it and the necessity of the case.

#### BITTERS.

Blood Bitters.—Put I ounce yellow-dock root and I cup grated horse-radish in I quart hard cider, cold. It will be ready the next day and should be taken, I wine-glass before each meal. This made by the gallon and taken through the season will affect the growth of the hair and improve the appearance in every way, provided the strength is kept up by well selected food. Cheap and good.

Hop Bitters.—Three ounces hops, I ounce buchu leaves; steep in 8 quarts water 3 hours, closely covered; when cool, strain and squeeze; then add 2 ounces extract dandelion, 40 drops podophyllin and I quart alcohol; cork tightly. Shake well before using. DOSE—I tablespoon.

Grandmother's Family Spring Bitters.—One ounce mandrake root, I ounce dandelion root, I ounce burdock root, I ounce yeilow dock root, 2 ounces prickly ash berries, I ounce marsh mallow, ½ ounce turkey rhubarb, I ounce gentian, I ounce English chamomile flowers, 2 ounces red clover tops.

Wash the herbs and roots; put them into an earthen vessel,

pour over 2 quarts water that has been boiled and cooled; let it stand over night and soak; in the morning, set it on the back of the stove, and steep it 5 hours; it must not boil, but be nearly ready to boil; strain it through a cloth, and add ½ pint good gin. Keep it in a cool place. One-half wine-glass taken as a dose twice a day.

# BLEEDING.

First decide whether the blood comes from an artery or a vein. If from a vein, the blood is dark, and oozes or flows evenly; if from an artery, it is bright red and spurts in jets. In the former case, the bleeding may generally be stopped by binding on a hard pad. In case of a ruptured artery, the flow of blood may be checked by tying a twisted handkerchief, a cord, or strap, between the wound and the body. If the hand is cut, raise the arm above the head and bind it tightly. In wounds of the throat, arm-pit, or groin, caused by cuts, and in case of any deep wound, thrust the thumb and finger into the bottom of the wound and pinch up the part from which the blood comes, directing the pressure against the flow.

The application to the wounds of cold cloths, ice, or, in severe cases, alum, tannin, or "Monsell's Solution" (liquor of the sub-sul-phate of iron), will usually stop the bleeding. In hemorrhages from the lungs, the blood is bright red and frothy. Place the patient in bed and give bits of ice to swallow, also teaspoons of salt and vinegar. Hemorrhages from the stomach are dark red. Ice should be given, to be swallowed, and also doses of vinegar. The patient should be kept quiet, and, according to the intensity of the bleeding, "Monsell's Solution" in 20 drop doses should be given every 15 minutes until the physican arrives. Keep the patient in a horizontal position, with the head low; supply fresh air by fanning, and place ice-cold applications in the locality from which the blood flows.

In Noschleed.—Keep the patient's arms clevated, apply cold water or ice to the base of the brain, or inject vinegar or alum water up the nostrils with a syringe. A thick piece of wrapping paper, placed between the upper lip and gum and firmly pressed, will usually arrest the flow. It acts by compressing the arteries which supply the Sneiderian membrane. If these remedies fail, the case should have the attention of a physician.

#### BOILS.

Boils are efforts of nature to relieve the body of some impurity which, retained in the system, would be prejudicial to health. Encourage suppuration by applying flaxseed-meal poultices as hot as can be borne, until the boil breaks and the core comes away. As soon as the upper portion of the boil becomes soft, cut it open to facilitate the discharge. If troubled with coming one after another, or with many, take lime water (see "Miscellaneous Recipes"), I wineglass 3 or 4 times a day.

#### BURNS AND SCALDS.

Pour cold water on the clothing if still hot; remove clothing by cutting and allowing it to fall off; if adherent in places cut around them and leave on; large blisters may be opened at lower margin with a needle; dissolve 2 large teaspoons bicarbonate soda in 1 pint water, pour gently over the burns; while the surface is wet sprinkle wheat flour over the burns; apply quickly; get a mixture of lime water and linseed oil, equal parts; apply this with a feather over the flour; repeat as it dries.

# BRUISES AND SPRAINS.

These are best treated with showerings of water, after which do them up in bandages wrung out in arnica and water or hamamelis and water. In all cases keep bandages moist, without undoing them. Sprains are often very troublesome. Absolute rest for the injured point is a prime necessity.

To remove discoloration from bruises apply a cloth wrung out in very hot water, and renew frequently until the pain ceases; or, apply raw beefsteak.

#### CARRON OIL.

Mix equal parts of lime water (see "Miscellaneous Recipes") and linseed oil together; shake when using, as it separates. The finest thing in the world for burns and scalds. So called from the "Carron Iron Works," in Scotland, where it is a standard remedy among the workmen.

# SIMPLE REMEDY FOR CATARRH.

Take a common pitcher, holding 2 quarts or more, heat it thoroughly, and fill 3/4 full with steaming, boiling water; add instantly I teaspoon oil of tar; then inhale the steam through the nostrils and exhale through the mouth; put the nose well into the mouth of the pitcher and take a deep, full inhalation, letting the air pass out through a very small opening of the lips; continue this 10 or 20 minutes at a time 2 or 3 times daily; drink I cup hot water after each treatment, also 1/4 or 1/2 hour before breakfast.

# SAGE'S CATARRH REMEDY.

Take I ounce powdered golden seal, IO grains fine salt and IO grains powdered borax; dissolve in I quart water.

#### CARBUNCLES.

Carbuncles are malignant boils, but differ from common boils in having no central core, being composed of cells like a honeycomb; they are also larger and much more sensitive and painful. Apply poultices, as for boils, and let the diet be generous but not rich. Acid fruits should be used freely. When practicable, a physician should be consulted. (See "Boils.")

#### CHICKEN-POX.

Chicken-pox is well understood by most mothers. In delicate children, the spots, instead of drying up in the ordinary way, become more sore, forming little festers which are troublesome to heal. Tonic medicines are required, with change of air. Do not let the child take cold, lest serious lung trouble may result. Cover the chest and belly with cotton cloths saturated with sweet oil.

# CHILBLAIN OINTMENT.

One drachm powdered nut-galls, 7 drachms simple cerate, 2 drachms glycerine.

# LINIMENT FOR CHILBLAINS.

Three drachms spirits turpentine, 9 drachms camphorated oil; mix for a liniment. For an adult 4 drachms of the former and 8 of

the latter may be used. If the child be young, or if the skin be tender, the camphorated oil may be used without the turpentine.

#### CHOLERA.

During an epidemic there should be as little change as possible from regular habits and diet. The body should be warmly clothed; undergarments, which have become wet with perspiration, should be removed, the skin rubbed briskly, and dry clothes put on. A broad woolen bandage worn around and below the waist, encircling the abdomen, will be found of great value in warding off all kinds of summer sickness. In cholera seasons, laxity of the bowels should receive prompt attention. A person who neglects the premonitory or diarrhea stage is in serious danger. (See "Neutralizing Cordial.")

# CHOLERA REMEDY.

Mix in a small bottle equal parts tincture of opium (laudanum), rhubarb, capsicum, camphor, spirits of nitre, and essence of peppermint, double strength. Shake well, and cork tight. Dose, from 5 to 30 drops every 15 minutes. Dose for children, from 2 to 10 drops.

#### CHOLERA INFANTUM.

Give I or 2 teaspoons of the Neutralizing Cordial every hour or ½ hour, according to the urgency of the symptoms, and continue the same until the passages become healthy; if there is much pain, mix, with cold water, I teaspoon mustard, and 4 of fine meal or flour; spread the paste on a thin cloth, which should be laid on the abdomen and remain until the skin becomes red. Cholera infantum may be prevented by keeping a flannel bandage constantly over the bowels during warm weather.

# CHOLERA MORBUS.

Cholera morbus arises from a diseased condition of the bile, often brought on by over-indulgence in vegetables, especially unripe fruits, usually commencing with sickness and pain at the stomach, followed by the most excruciating pain and griping of the

bowels, succeeded by vomiting and purging, which soon prostrate the patient. No time should be lost in treating the severe stages of this disease. Give the patient copious drinks of whey, warm barley water, thin water gruel, or chicken broth; bathe the feet and legs in warm saleratus water, and apply warm fomentations of hops and vinegar to the bowels; a poultice of mustard and strong vinegar will be found of much service. The vomiting and purging may be stopped by the following: One tablespoon ground black pepper, I tablespoon table salt, ½ tumbler warm water, ½ tumbler cider vinegar. Dose, I tablespoon every few minutes; stir and mix each time until the whole is taken. The evacuations, however, should not be stopped until the patient feels very weak; nourishing diet should be taken by the patient.

#### COLDS.

When you feel a cold coming on, with headache, and a creeping, chilly sensation, nothing is better than to take a Turkish or vapor bath, or, if you can spare time, go to bed, take 10 grains Dover's powder, with a little sugar, put a large hot bran or oat-meal poultice over your chest, and in 1 hour after take 1 pint hot tea or thin gruel, and put on an extra blanket or two. The next morning you should rub well all over with a coarse towel, and take a seid-litz powder or a large teaspoon epsom salts in warm water, or, when busy, drink 1 pint hot tea, put on extra clothing, walk till the perspiration starts freely, and then cool off gradually. If you have a cold "hanging on" which is not very bad, a liberal drink of cold water just before going to bed and extra bedclothes is good without medicine. What you do, do well.

# COUGH SYRUP.

One ounce essence hemlock, 2 ounces castor oil, I pint molasses, I teaspoon camphor; mix essence, oil and camphor together, and shake thoroughly; then add to the molasses. Dose, I teaspoon from 4 to 6 times a day. Though simple, it has accomplished wonderful results.

#### STANDARD COUGH SYRUP.

Take I ounce thoroughwort, I ounce slippery-elm, I ounce stick licorice, and I ounce flaxseed; simmer together in I quart water until the strength is entirely extracted; strain carefully, add I pint best molasses and ½ pound loaf sugar; simmer them all well together, and when cold bottle tight. No better remedy can be found for croup, asthma, bronchitis, and all affections of the lungs and throat.

#### COUGH MIXTURE.

Two ounces gum arabic, I ounce paregoric elixir, 2 ounces sugar, juice of I lemon; mix with 6 glasses hot water. One wine-glass to be taken morning, noon and night.

Or, boil I ounce flaxseed in I pint water; strain and add a little honey, I ounce rock candy, and the juice of 3 lemons; mix and boil well. Drink as hot as possible.

# COLIC.

Both bilious and wind colic should be treated promptly and energetically. If the trouble is in the stomach, an emetic will sometimes prove useful. If pain continues, lay hot cloths or a mustard plaster on the bowels, or administer a hot bath, and give an injection of warm water. For infants, heat I teaspoon sweet oil, add I drop laudanum, mix well, and rub it gently over the baby's bowels. If this does not relieve the pain, prepare the following mixture: Thirty drops paregoric, I tablespoon compound spirits of ether, 6 large tablespoons or 2 ounces orange-flower water; shake the mixture, and give ½ teaspoon every 10 or 15 minutes, if the child is under 6 months of age, or ½ teaspoon if older. If the colic is caused by constipation, an injection of warm—not hot—sweet oil, in connection with the above treatment, will be found beneficial.

#### FIG PASTE FOR CONSTIPATION.

One-half pound good figs, chopped fine, ½ pint molasses, 2 ounces powdered senna leaves, I drachm finely-powdered coriander seed, I drachm finely-powdered cardamon seed; put the molasses

on the stove and let it come to a boil, then stir in all the rest and bring to a boil again. One teaspoon once in a while is a dose. It will keep, when covered, for I year.

The following simple remedy we know to have cured a most stubborn and distressing case of costiveness: Take I heaping tablespoon bran, mixed with milk or water, before meals.

#### HABITUAL CONSTIPATION.

Twelve grains compound extract colocynth, 6 grains powdered rhubarb, I grain extract belladonna, 3 grains extract hyoscyamus; divide into 60 pills. Dose, I pill at bedtime.

#### CONVULSIONS.

Put the child, as quickly as possible, up to his neck in a warm path about blood heat; keep it so by careful addition of hot water. Put a napkin wrung out of cold water around his head, and let him remain 10 or 15 minutes, then take him out and wrap in a warm blanket, and usually he will be all right. Diet is the great prevention in most cases. If the convulsions are accompanied by frothing at the mouth with bloody linge, it is usually epilepsy, which is seldom cured or outgrown, and little can be done except to keep the patient from hurting himself.

#### CORNS AND BUNIONS.

Thrusting the toe into a lemon, to be kept on over night, will make the removal of a corn easy; 2 or 3 applications will suffice for the worst cases. Soft corns may be relieved by dissolving a piece of ammonia, the size of a large bean, in I ounce water, and applying the solution as hot as can be borne.

Applying strong acetic acid night and morning will usually effect a cure.

#### GERMAN CORN SALVE.

Ten parts salicylic acid, 10 parts lactic acid, 80 parts collodion. Make into a salve. It is a dead-shot for corns.

#### CRAMPS.

Cramp in the limbs may be relieved by simple rubbing, or by applying an embrocation of camphorated oil, turpentine and spirits hartshorn. When the cramp is located in the stomach or bowels, flannels dipped in hot water, wrung out, and laid over the parts affected, relieve the pain. Cramps in the bowels occur in colic. (For further treatment see "Colic.")

# CROUP, MEMBRANOUS AND SPASMODIC.

Croup is an acute inflammation of the windpipe, and is a dangerous disease, peculiar to young children. Its symptoms are those of a common cold, followed by hoarseness and a peculiar ringing or rattling cough, accompanied with loud and difficult breathing. When practicable, a physician should be summoned at once. Membranous croup can be distinguished by the presence of grayish spots in the throat, and is extremely dangerous. Administer an emetic of mustard and water, ipecac, or other simple ingredients; apply a sponge, filled with water as hot as can be borne, directly to the windpipe, also, hot flannels, or hot and moist poultices of flaxseed-meal, mullein leaves, or hops, to the upper part of the chest. A hot bath will sometimes afford great relief, also, the placing of the child where, without danger of scalding, it can breathe the steam from a tea-kettle, or other vessel of boiling water, containing pieces of unslacked lime; or, saturate flannel with spirits of turpentine, and place upon throat and chest; this has the credit of being a sovereign remedy; if considerable distress is manifested when the child wakes up, and after the flannel has been applied a few minutes, 3 to 5 drops turpentine may be given on a lump of sugar. Always keep turpentine in the house.

#### CUTS.

For a simple cut doing it up in its own blood is the best remedy. If there is dirt in the wound it must be washed out; otherwise it is better not to have water touch it. A slight cut will be held together by the bandage, put on smoothly and tied with a woolen

yarn. If the cut is deep draw the edges of the wound together, and hold in place by strips of adhesive plaster, and then put on the bandage. Sometimes a stitch is necessary. A steady hand and a little nerve will enable you to take it with the white silk threaded in the needle on your cushion. Press a cork against the flesh where the needle is to come out (see "Bleeding.")

#### DIARRHŒA.

In most cases castor oil, or, in case of an infant, I teaspoon spiced syrup rhubarb, should be given to remove the irritating substance from the stomach and bowels, open the pores and free the system, after which it may be treated same as Summer Sickness. In case of nausea and vomiting, a little paregoric may be administered. If inflammation or ulceration be present, treat as for dysentery. See "Dysentery."

#### DIPHTHERIA.

This disease is characterized by soreness of the throat, pain in swallowing, and the appearance of a grayish membrane in the back of the throat. There is usually a low fever, with great depression of spirits and rapid decrease of the patient's strength. However mild in appearance, diphtheria is always dangerous and frequently fatal. Upon its approach, and until a physician can be obtained, the patient should gargle the throat with pure lemon or lime juice, a solution of chlorate of potash, sulphur and water, or alcohol and water, repeating the treatment every 2 or 3 hours. Small children who cannot gargle should have the interior of the throat painted with lemon or lime juice, at similar intervals. Powdered sulphur, blown into the throat, is very effective (see sulphur treatment in "Scarlet Fever"). Wine, brandy, beef-extract, or eggs, should be given to keep up the strength. Blankets, sheets, and pillow cases, which have been in contact with, or used by, the patient, must be washed in boiling water. Rags and towels should be burned. There is danger of infection from the patient for 14 days after the membrane has disappeared.

# OIL OF TURPENTINE IN DIPHTHERIA.

Give oil of turpentine by the teaspoon 3 times a day. As a corrective mix 32 drops of the spirits of nitre to every ½ ounce of turpentine. At the same time give a 2 per cent. (8 grains to each ounce of water) solution of sodium salicylate every 2 hours; also use icebags, and have the patient gargle freely with a 1 per cent. (4 grains to each ounce of water) solution of chlorate of potash. Give smaller doses of turpentine according to age.

#### DISINFECTANTS.

In all contagious diseases, as fevers, measles, scarlet fever, diphtheria, small pox, whooping cough, cholera, etc., it is very important that everything which has come in contact with an infected person should be thoroughly purified. To disinfect an unoccupied room, close every door and window, and stop every opening or crevice with old rags or tow. Burn sulphur in saucers, or place some pure carbolic acid in shallow vessels around the room. Wash the furniture and floors with a solution of chloride of lime. off all wall paper and whitewash the walls and ceilings. To disinfect an occupied room, ventilate well; keep up a good fire; fumigate with chloride of lime or carbolic acid, cautiously, so as not to inconvenience the patient. Articles of clothing and bedding which have been used by infected persons, also the carpets and curtains of a sick room, may be disinfected by washing or boiling-being exposed to a heat of from 200° to 400°. In some cases the only safe course will be to destroy all such things by fire. Sinks, privies, drains, and vessels used by a person afflicted with cholera, dysentery, or any other contagious disease, should be flushed at least once a day with copperas or carbolic acid. For stopping putrid effluvia or rotting, or for disinfecting damp cellars, use chloride of lime wet with strong vinegar. Fresh air and extreme heat or cold are good disinfectants.

# DRAUGHTS FOR THE FEET.

Take a large leaf of horse-radish, burdock, cabbage, or mullen; cut out the hard fibres that run through the leaf; place it on a hot

shovel for a moment to soften it, fold it, and fasten it closely in the hollow of the foot by a cloth bandage.

Draughts of onions are made by roasting onions in hot ashes, and, when quite soft, peel off the outside, mash them, and apply on a cloth as usual.

### DROWNING.

In cases of drowning empty the water out of the mouth and nostrils and, if possible, restore circulation by rubbing, and respiration by artificial breathing; lay the patient on his back with head and shoulders slightly raised; grasp both arms above the elbow, raise them gently and steadily upward until they reach above the head, then bring down and press gently on the sides. This should occupy 4 seconds, making 15 times a minute. Continue this steady movement with the rubbing till signs of life appear, or you give up hope. If a galvanic battery can be procured it can be used to advantage in starting action at the nerve centers.

#### DYSENTERY.

When the discharges are tinged with blood, care must be taken not to check them. The patient should be kept in bed and a good dose of castor oil should be administered. If the discharges continue, give injections of thin starch, a goblet full each time, to which 20 drops laudanum and I teaspoon tincture of ipecac have been added. The patient's thirst may be allayed by lemonade or cold tea, in small quantities; and only liquid food, such as milk, should be given. Cases of dysentery, continuing more than 24 hours, should be attended by a physician.

### DYSPEPSIA.

There is nothing like hot water for dyspepsia. The following item is from the Hartford *Courant*, which has proven in hundreds of cases to be very valuable. Use the hot water I hour before each meal, instead of only at breakfast. "A gentleman who is in business in this city has cured himself of a chronic and ugly form of dyspepsia in a very simple way. He was given up to die; but he

finally abandoned alike the doctors and the drugs, and resorted to a method of treatment which most doctors and most persons would laugh at as an 'old woman's remedy.' It was simply swallowing I teacup hot water before breakfast every morning. He took the water from the cook's tea-kettle, and so hot that he could only take it by the spoonful. For about 3 weeks this morning dose was repeated, the dyspepsia decreasing all the while. At the end of that time he could cat, he says, any breakfast or dinner that any well person could eat - had gained in weight, and has ever since been hearty and well. His weight is now between 30 and 40 pounds greater than it was during the dyspepsia sufferings; and for several years he has had no trouble with his stomach—unless it was some temporary inconvenience due to a late supper or dining out, and in such a case a single trial of his ante-breakfast remedy was sure to set all things right. He obtained his idea from a German doctor, and in turn recommended it to others - and in every case, according to this gentleman's account, a cure was effected."

### EARACHE.

Place a little cotton-wool, saturated with chloroform, in a new clay pipe; insert the stem of the pipe in the patient's ear, close the lips over the bowl of the pipe, and blow gently. The evaporating chloroform will relieve the pain immediately. Warm poultices, or a drop of warm olive oil, mixed with a like amount of laudanum, dropped into the ear, may also be used. If there is a discharge, syringe the ear very gently with tepid water, adding to each cup I teaspoon solution carbolic acid.

### GRANDMOTHER'S EYE-WASH.

Take 3 eggs, and break them into I quart cold rain-water; stir until thoroughly mixed; bring to a boil on a slow fire, stirring often; add ½ ounce sulphate of zinc (white vitriol); continue the boiling for 2 minutes, then set it off; take the curd that settles at the bottom of this and apply to the eye at night with a bandage; strain the liquid through a cloth, and use for bathing the eyes occasionally. This is the best eye-water ever made for man or beast.

### REMEDY FOR COLD FEET.

Every night on going to bed, dip the feet in shallow, cold water, 2 or 3 times quickly, then rub briskly with a coarse towel till dry; then take hold of each end of the towel and draw it back and forth through the hollow of the foot until a glow is excited.

### FROZEN FEET.

Put enough boiling water in a pail to cover your feet; in this dissolve all the powdered alum possible; as soon as you can bear it place your feet in the water and soak them for 2 hours, adding hot water and alum as the water in the pail cools, keeping it as hot as it can be borne.

### FELON.

Paint the spot with compound tincture of iodine, or put directly over it a Spanish-fly blister about the size of your thumb nail, letting it remain for 6 hours, at expiration of which time the felon may be seen under the surface of the blister, and can be taken out with the point of a needle. A felon may be made to "come to a head" by repeatedly soaking the finger in hot water, and poulticing.

Take common rock salt, as used for salting down pork or beef; dry in an oven, then pound it fine and mix with spirits of turpentine in equal parts; put it in a rag and wrap it around the parts affected; as it gets dry put on more, and in 24 hours you are cured. The felon will be dead.

### GOOD SAMARITAN-IMPROVED.

Take 2 quarts 98 per cent alcohol, and add to it the following articles: One ounce each of oils sassafras, hemlock, spirits turpentine, tinctures cayenne, catechu, guaicaci, and laudanum, 4 ounces tincture myrrh, 2 ounces oil origanum, ½ ounce oil wintergreen, 2 ounces gum camphor, and 1½ ounces chloroform. For internal and external use.

### HEADACHE.

Pour a few drops of other on ½ ounce gum camphor, and pulverize; add to this an equal quantity of carbonate of ammonia

pulverized; add 20 drops peppermint; mix and put in an open-mouthed bottle, and cork.

Dr. Stephen MacKenzie, lecturer on medicine at the London Hospital, recommends Indian hemp in doses of ½ grain night and morning as a remedy for persistent headache.

### NERVOUS HEADACHE.

Ten grains salicylate of soda every 3 hours for an adult, followed next day in 5 to 8-grain doses; if of long standing, continue I or 2 doses for a few days longer; taken by dissolving in water.

### CURE FOR BILIOUS HEADACHE AND RHEUMATISM.

One-half ounce Turkey rhubarb, I ounce carbonate of magnesia; mix intimately; keep well corked in glass bottle. Dose, I teaspoon, in milk and sugar, the first thing in the morning; repeat till cured.

### HICCOUGH, FRENCH REMEDY.

According to the Lyons (France) *Medicale*, Dr. Grellety says: "I have observed that hiccoughs in children are immediately stopped by giving them a lump of sugar saturated with table vinegar. The same remedy was tried on adults with similarly instantaneous success."

Cure for by Pressure.—The latest discovery for the cure of hiccoughs consists in placing the hand flat upon the pit of the stomach, immediately below the cartilage forming the end of the breast-bone, and making firm pressure. Should this prove unsuccessful, place a firm roll of muslin on the same place, securing it by a bandage bound tightly around the body. In an hour this may be removed, and it will be found that the hiccough has entirely disappeared.

#### ITCH.

The best specifie is an ointment composed of 2 ounces flowers of sulphur, 2 drachms carbonate of potash, 4 ounces lard; to be well rubbed in, night and morning.

### LINIMENT.

The following is an excellent liniment for rheumatism and for the removal of local pains: Three ounces white castile soap, 1½ ounces gum camphor, 3 drachms oil rosemary, 1 pint alcohol, ¾ ounce laudanum. Cut the soap into shavings and add to it the alcohol. After the soap is dissolved, add the other ingredients; the liniment is then ready for use.

2nd. A remarkable preparation for allaying pain consists of I ounce alcohol, 15 grains menthol and 15 great grains tincture myrrh. This article is valuable in every shop where tools are used and accidents liable to happen. It deadens the nerves and is used by "Painless Dentists" in extracting teeth.

3rd. For hot and painful swellings, use the following lotion: One teaspoon sugar of lead, I pint water, 2 ounces alcohol. Mix, and lay cloths saturated with the lotion over the affected parts.

4th. Beat up the yolk of I egg, with I tablespoon turpentine, and I tablespoon vinegar. Apply for rheumatism or lameness.

## INFLAMMATION OF LUNGS (PNEUMONIA.)

When, in cases of pneumonia, a physician cannot be called immediately, the patient should be covered warmly in bed, and be given, every ½ hour, I teaspoon of a mixture composed of 15 drops tincture of aconite, 60 drops sweet spirits of nitre and 8 tablespoons water. Give, also, a bowl of hot ginger tea, and put bags of hot sand or bran to the feet, to aid in promoting free perspiration. Apply a large mustard paste to the chest, and, afterward, broad strips of old, soft cotton cloth, saturated with sweet oil and covered with cotton wadding.

### MEASLES.

Keep the patient in a dimly-lighted, moderately warm and well-ventilated room. Prepare a mixture of 2 ounces saffron and I ounce Virginia snake root, added to I quart boiling water, and steep I hour; to be drank hot. The bowels should be regulated with a mild cathartic. Use a great deal of olive oil as a local application. Sponging the body with tepid water, to which has been

added a little saleratus, promotes the patient's comfort. When the eruption disappears suddenly, administer a warm bath containing a little mustard, and give copious draughts of the hot mixture above mentioned; also, send for a physician. If the pulse sinks rapidly, and there is great prostration, stimulate with brandy and water. Be careful to protect the patient against sudden changes in temperature.

#### MUMPS.

This disease is contagious, but, in ordinary cases, requires little or no treatment. The diet should be of a laxative nature, and consist largely of fruits and vegetables. The patient should remain in the house, keep the face and neck warm, and carefully avoid exposure to cold and damp, as the affection is frequently, in consequence of imprudence, transferred to more vital parts. If the pain is severe, and the swelling extends to other glands, apply hot poultices. Perspiration must also be induced by drinking freely of sage or spearmint tea.

#### MILK IN SICKNESS.

For Diarrhea.—One pint every 4 hours will check the most violent diarrhea, stomach-ache, incipient cholera and dysentery. The milk should never be boiled, but only heated sufficient to be agreeably warm, not too hot to drink. Milk which has been boiled is unfit for use. It has never failed in curing in from 6 to 12 hours. It was also given to a dying man who had been subject to dysentery 8 months, latterly accompanied by one continual diarrhea, and it acted on him like a charm. In 2 days his diarrhea was gone, in 3 weeks he became a hale, fat man, and now nothing that may hereafter occur will ever shake his faith in hot milk.

For Wasting Diseases.—People suffering from disease require food quite as much as those in health, and much more in certain diseases, where there is rapid waste of the system. Frequently all ordinary food is rejected by the stomach, and even loathed by the patient; but nature, even in all disease, is beneficent, and has furnished a food that is beneficial—in some, directly curative. Such a food is milk. Milk nourishes in fever, promotes sleep, wards

off delirium, soothes the intestines, and in fine is the sine qua non (an indispensable—just the thing) in typhoid fever.

For Scarlet Fever.—Give all the milk the patient will take, even during the period of greatest fever; it keeps up the strength of the patient, acts well upon the stomach, and is in every way a blessed thing in this sickness. Parents, remember it, and do not fear to give it if your dear ones are afflicted with this disease.—Medical Reports.

# SORE MOUTH, CANKER.

This is common to infants and young children. When the trouble is confined to the mouth, a wash composed of borax and honey, or of 20 grains each borax and sugar to 2 ounces water, should be used several times a day. When the throat is affected, raspberry-leaf tea or an infusion of gold thread will be beneficial. Burn a corn cob and apply the ashes 2 or 3 times a day.

### NEURALGIA.

Macerate the leaves of the common field thistle and use as a poultice on the parts affected, while a small quantity of the same is boiled down to the proportion of I quart to I pint, and a small wineglass of the decoction drank before each meal. A friend says he has never known it to fail of giving relief, while in almost every case it has effected a cure.

### OINTMENT FOR NEURALGIA.

Forty-five grains menthol, 15 grains cocaine, 10 grains chloral, 5 grains vaseline; apply to painful parts (see "Liniments.")

### NEUTRALIZING CORDIAL.

Two drachms fluid extract rhubarb, 2 drachms bicarbonate of soda, I drachm powdered cinnamon, I drachm golden seal, 2 ounces simple syrup, I½ ounces brandy or diluted alcohol, 5 drops essence of peppermint, 2 ounces hot water; dissolve the soda in the hot water, and add the cinnamon, golden seal, and brandy; let the mixture be kept warm for I hour; add to this liquid the rhubarb,

syrup, and essence of peppermint, and the composition is ready for use. Dose for an adult, I tablespoon every ½ hour, or as often as required; dose for an infant, from ¼ to ½ teaspoon. A valuable remedy for cholera morbus, cholera infantum, and other disorders of the stomach and bowels, especially those which are peculiar to children when teething; it allays irritation, checks nausea and vomiting, and changes the contents of the bowels from a morbid to a healthy condition.

### HAMLIN'S WIZARD OIL.

One-half ounce spirits of camphor,  $\frac{1}{4}$  ounce aqua ammonia,  $\frac{1}{4}$  ounce oil of sassafras, I drachm oil of cloves, 2 drachms chloroform, 3 drachms spirits of turpentine, 3 drachms diluted alcohol.

## PERRY DAVIS' PAINKILLER.

Some analysis recently made in the east, and published in the Druggists' Circular, gives the following as the articles composing the medicine named: 2 ounces spirits of camphor, 1 ounce tincture of capsicum, ½ ounce gum myrrh, ½ ounce gum guaiac, 3 ounces alcohol.

### PILES.

When piles become painful, the patient should take a warm hip bath, and remain in it until the pain ceases, or, better yet, bathe the affected parts with hamamelis or extract witch hazel, diluted with water; it is a wonderful remedy. If the piles are bleeding, apply a salve of opium and nut-galls; if itching, I drop oil of cade will give relief; linseed oil, applied to the piles, is said to be an effective remedy.

### POULTICES.

A Bread and Milk Poultice.—Put I tablespoon crumbs of stale bread into I gill milk, and let the whole boil once; or, take stale bread-crumbs, pour over them boiling water and boil till soft, stirring well; take from the fire and stir gradually in a little glycerine and sweet oil, so as to render the poultice pliable when applied.

Flaxseed Poultice.—For a flaxseed-meal poultice put as much meal as is requisite in a basin, make a hollow in the center of the meal, pour at once as much hot water into it as may be deemed necessary, and stir the whole till it has the consistency of thick porridge.

A Hop Poultice.—Boil I handful dried hops in ½ pint water until reduced to I gill, then stir into it enough Indian meal to thicken it.

Mustard Poultice.—Into I gill boiling water stir I tablespoon Indian meal; spread the paste thus made upon a cloth, and spread over the paste I teaspoon mustard flour.

Mustard Poultice to Blister.—Make a thick paste of mustard and water, spread it on flannel, and cover its surface with fine muslin. A mustard plaster should remain on the patient only until the skin becomes red—generally about 15 minutes.

Slippery-Elm Poultice.—Take ½ ounce slippery-elm bark, in powder, and hot water to form a poultice of the proper consistency. This poultice is valuable in all cases where a general soothing emollient is required.

Yeast Poultice.—For sores and indolent ulcers. Take 5 ounces yeast and I pound flour, or in that proportion, add water at blood heat, so as to form a tolerably stiff dough; set in a warm place, but not so as to scald, until it begins to ferment or to "rise," and apply like any poultice.

### WHAT TO DO IN CASES OF POISONING.

In all cases of poisoning a physician should be summoned at once, and until he arrives the patient should be treated according to the directions given below, under the group in which the name of the poison supposed to have been taken is found.

### POISONS AND THEIR TREATMENT.

*Unknown*.—Provoke repeated vomiting, give bland liquids; stimulate, if necessary.

Acids (Sulphuric, Nitric, Muriatic, Oxalic).-Give an alkali,

provoke vomiting, give bland fluids, secure rest; stimulate, if necessary.

Alkalics (Hartshorn, Soda, Potash, Lye).—Give an acid (vinegar), provoke vomiting, give bland liquids, secure rest; stimulate, if necessary.

Arsenic (Paris Green).—Provoke vomiting, give dialysed iron and salt (repeat several times), give dose castor oil, secure rest; stimulate, if necessary,

Sugar of Lead.—Give epsom salts, provoke vomiting (repeat several times), give bland liquids, give dose castor oil.

Corrosive Sublimate, Tartar Emetic.—Provoke vomiting, give strong tea without milk (repeat several times), give raw eggs and milk, give dose castor oil; stimulate, if necessary.

*Phosphorus*.—Provoke vomiting, give 5-grain doses sulphate of copper; give dose of magnesia, but no oil.

Lunar Caustic (Nitrate of Silver).—Give strong salt and water, provoke vomiting (repeat many times.)

Iodine.—Provoke vomiting, give starch and water, give bland fluids.

Opium (Morphine, Laudanum, Paregoric, etc.), Chloral.—Provoke vomiting repeatedly; give strong coffee, without milk; keep up the breathing.

Strychnine.—Provoke vomiting once or twice, give a purgative, secure absolute quiet.

Aconite.—Provoke vomiting, stimulate well.

Famestown Weed, Nightshade (Belladonna), Toadstools, Tobacco.—Provoke vomiting, stimulate well.

To provoke vomiting, warm water may be used, with or without ground mustard, I tablespoon to I pint water, or ipecac—I teaspoon of the powder or I tablespoon of the syrup—and thrusting a finger down the throat. It is best to give large quantities, that is, I pint at a time, of warm water, whenever vomiting is to be excited.

Bland liquids are milk, raw eggs, some sort of oil, gruel, etc.

Stimulants are tea, coffee, whiskey, wine, etc., or hartshorn and water. Of this I teaspoon in I cup water will be enough for a dose. In making tea or coffee one must not wait to do it as for the table,

but mix hot water and the leaves or grounds, squeeze them well, stir together, and give the whole—leaves, grounds, everything. At the same time some may be made regularly, if there are conveniences for it.

Alkaline antidotes are hartshorn and water, I tablespoon in 2 cups water; soap and water, lime, whiting, soda, chalk, tooth powder, plaster, magnesia, whitewash, and even wood ashes.

Acid antidotes are vinegar and lemon-juice.

In giving an antidote never wait for it to dissolve; just stir it up in any fluid at hand, except oil, and have it swallowed immediately.

### IVY POISONING.

Ist. A miner and surveyor writes with regard to ivy poisoning as follows: "For many years I have suffered terribly from this cause, but remembering that all poisons are acids, and that alkalies neutralize acids, I bathed the poisoned member in a strong lye made from wood ashes, and obtained instant relief. Subsequently I found that the dry ashes alone, rubbed over the poisoned member, were equally effective. Since this discovery, I have had no further trouble, and having tried this simple remedy repeatedly on myself and on many others with like good results, I am now thoroughly convinced that wood ashes will, in every case, prove a sure and sovereign specific for all cases of ivy poisoning."

2nd. Edwin S. Lind writes the *Scientific American* that he has found nothing like a poultice made from the bruised leaves of the Nightshade (*Solanum Nigrum*) and cream. He says it is safe, sure, speedy and effectual.

### SUMAC POISONING.

Make a strong solution of alum water and bathe the affected parts freely a few times, and it will effect a cure.

### POISONING BY THE POISON OAK.

J. B. Murfree, M. D., of Murfreesboro, Tenn., says he has found the black wash made of calomel and lime-water, I drachm

calomel to 1 pint lime water, an invariable success for several years.—Medical Brief.

### POWDERS FOR CHILDREN.

This excellent powder for flatulent infants may be employed with advantage whenever the child is in pain or griped: Drop 5 grains oil of anise-seed and 2 of peppermint on ½ ounce lump sugar, and rubbing it in a mortar, with 1 drachm magnesia, to a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.

#### RHEUMATISM.

Acute attacks of rheumatism should be treated by painting the affected part with tincture of iodine. (See, also, "Liniments.") When there is a chronic rheumatic tendency, and the blood seems to be loaded with morbid poison, take one of the following:

Successful Alterative for Rheumatism.—Three ounces each of tinctures sarsaparilla and quassia, I ounce iodide potash, 20 grains quinine, I pint water. Put all into a quart bottle, and shake when taken. Dose, I tablespoon just before each meal.

Or 1½ drachms extract spotted hemlock, 5 drachms iodide potassium, ½ drachm oil winter-green, I ounce orange-flower water, 7 ounces each of tincture Peruvian bark and extract sarsaparilla comp. Mix and take I tablespoon 3 times a day.

### RINGWORM.

A very simple, yet effective, manner of curing ringworm is to place on the affected part, for a short time every night, a copper coin which has remained for some time in vinegar, and is still wet with the liquid. It is also well to bathe the ringworm with a solution of 2 grains iodide of potash in I ounce water.

#### RUNAROUND.

At the first signs of a ringround, take I cup wood ashes, put in a pan with I quart cold water, put the pan on the stove, put your

finger in the pan, keep it there until the water begins to boil, or as long as it can be borne. Repeat once or twice if necessary.

### SALT-RHEUM OR ECZEMA.

This usually appears in the form of an eruption consisting of round pimples, about the size of a pin-head, filled with a colorless fluid and terminating in scurf. The eruption is attended with pain, heat, burning, itching and smarting sensations, and at times, a swelling of the part affected. When the blisters break, the water which oozes out irritates and inflames the skin. This becomes dry, red, rough and sometimes covered with a thick crust. Wash the parts thoroughly with pure castile soap, and dry very carefully; then apply borax and vaseline ointment. To cure this disease radically a powerful blood purifier is needed.

### SALVES.

Grandmother's Salve for Everything.—One pound rosin and ½ cup mutton tallow after it is hard, half as much beeswax, and ½ ounce camphor gum; put all into an old kettle, and let dissolve and just come to a boil, stirring with a stick; then take ½ pail warm water, just the chill off, pour it in and stir carefully until you can get your hands around it; pull like candy until quite white and brittle; put a little grease on your hands to prevent sticking, and keep them wet. Wet the table, roll out the salve, and cut it with a knife. Keep it in a cool place.

Green Salve or Ointment.—One ounce each of rosin and beeswax, 4 ounces mutton tallow or lard, I drachm pulverized verdigris. Melt the 2 first together and stir in the verdigris, stirring till cold. Dress sores, ulcers or wounds, morning and evening, after cleaning them properly with castile soap. If there is any proud flesh, sprinkle on powdered blood-root or finely pulverized burned alum, then apply the salve.

Simple Salve.—An excellent salve for bruises is the following: Take the leaves of catnip and bruise with salt pork in a mortar, or with a rolling-pin. If applied to flesh wounds and bruises of any kind it will at once allay the inflammation.

### SCARLET FEVER.

In ordinary cases, the room should be kept cool, the bed-covering light, and a tepid bath, containing a little saleratus, should be given every morning; 20 or 30 drops sweet spirits nitre, in an equal quantity water, should be administered every 2 or 3 hours, with copious draughts hot saffron or herb tea, to drive out the rash. Glycerine lotion, carbolated vaseline, or olive oil, applied to the skin, will allay the intense itching which accompanies this disease. For thirst, the patient may drink lemonade or cream of tartar water. When the throat is seriously affected -as in the malignant types of this disease — treat as directed for diphtheria. In all cases of scarlet fever, attend to disinfection. A good method is to hang, in the room or hall, a large piece of muslin, to be kept moist by soaking it occasionally in a solution composed of 8 ounces sulphate zinc, 2 ounces carbolic acid and 3 gallons water. The patient should not be allowed to go out of the house too soon after recovery, as almost every vital organ is left in a weakened condition and unable to withstand even slightly harmful influences. The patient is infectious until all scaling has ceased. (See "Diphtheria.")

Sulphur Cure for Scarlet Fever.—The eminent London, Eng., physician, Dr. Henry Pigeon, says: "Thoroughly anoint the patient twice daily with sulphur ointment; give 5 to 10 grains sulphur in a little jam 3 times a day; burn sufficient sulphur twice daily, on coals on a shovel, to fill the room with the fumes, to be thoroughly inhaled by the patient. Having had a large experience in scarlet fever, I feel some confidence in my own judgment, and I am of opinion that the very mildest cases I ever saw do not do half so well as bad cases do by the sulphur treatment, and, so far as I can judge, sulphur is as near a specific for scarlet fever as possible."

### SMALL-POX REMEDY.

The most scientific school of medicine in the world (that of Paris) published this panacea for the small-pox. It is as unfailing as fate, and conquers in every instance. It is harmless when taken by a well person. It will also cure scarlet fever. Take I grain

sulphate zinc, I grain fox glove, ½ teaspoon water; when thoroughly mixed, add 4 ounces water. Take I spoonful every hour, and either disease will disappear in 12 hours. For a child, smaller doses, according to age."

#### STINGS.

Kerosene as a remedy for bee stings ought to be widely known. It often relieves the pain at once and prevents swelling. It is especially valuable because it is almost always on hand, ready for use. Ammonia is probably the surest remedy for bee and wasp stings, and all poisonous wounds made by insects. It is not always available in time, however; so it is well to be informed of the kerosene cure.

When stung by a bee or wasp, make a paste of common earth and water, put on the place at once and cover with a cloth.

### SUMMER SICKNESS.

For summer complaints, such as diarrhea, dysentery, and pain in the stomach, a convenient remedy consists of equal parts tincture rhubarb, essence of peppermint, and camphor; the dose being from 10 to 20 drops in a wine-glass of sweetened water, at intervals of 15 minutes, until relief is obtained. (See "Cholera Infantum.")

### SORE THROAT AND HOARSENESS.

Use chlorate of potassa as a gargle, and induce perspiration with ½ teaspoon sweet spirits nitre, taken in 2 tablespoons water.

Squeeze the juice of ½ lemon in a pint bowl, add 2 tablespoons loaf sugar, I teaspoon glycerine, and I tablespoon whiskey; pour over this boiling hot water to nearly fill the bowl, and drink hot just before going to bed.

Cut slices of salt pork or fat bacon; simmer a few moments in hot vinegar, and apply to throat as hot as possible. When this is taken off, as the throat is relieved, put around a bandage of soft flannel. A gargle of equal parts of borax and alum, dissolved in water, is also excellent. To be used frequently.

Steep 1 medium-sized red pepper in ½ pint water, strain and

add ¼ pint good vinegar, and I heaping teaspoon each of salt and pulverized alum, and gargle with it as often as needed. (See "Tonsilitis.")

### INGROWING TOE NAILS.

Scrape with a piece of glass or a knife, the whole length of the middle of the nails, until they become tender. In this condition the edges of the nail are gradually withdrawn from the flesh, and the difficulty is removed. Toe nails should be cut straight across, or slightly concave. They should be merely rounded a little at the corners—never trimmed close.

Dip a rag in a strong solution of tannic acid and water, and place between the nail and inflamed parts of the toe. This treatment persevered in, should bring relief.

### TONSILITIS OR QUINSY.

Mucilaginous drinks, of slippery-elm bark or gum arabic, sipped at frequent intervals, will promote free expectoration and soothe local irritation. In very severe cases, the patient should steam the throat with equal parts of wormwood, hops and catnip. Boil for an hour, in equal parts of vinegar and water; then put the decoction in a bowl or pitcher, over which place a tin funnel. Let the patient inhale, for 15 or 20 minutes, the steam which rises through the funnel. Repeat this treatment every 2 or 3 hours, until the urgent symptoms have subsided.

Or, give salicylate of soda in 10-grain doses every 2 or 4 hours, and in ulcerated cases make a gargle with the same, using about 10 grains to 1 ounce water.

#### TOOTHACHE.

Two drachms alum reduced to an impalpable powder, 7 drachms nitrous spirits of ether; mix and apply to the tooth.

Equal quantities powdered alum and fine salt applied to the tooth will give speedy relief.

For an ulcerating tooth, take a piece of old, thin muslin, about 1½ inches wide and as long as desired, wet some ground flaxseed

in cold water, place in the cloth, and fold and baste it together; place this upon the outside of the gum; it will soothe the pain in a short time and draw the ulcer to that spot, where it can be easily lanced.

The worst toothache, or neuralgia coming from the teeth, may be speedily ended by the application of a bit of cotton, saturated in a solution of ammonia, to the defective tooth. Sometimes the late sufferer is prompted to momentary laughter by the application, but the pain will disappear.

### TYPHOID FEVER.

In the treatment of this disease, good nursing is indispensable; the patient should have fresh air, and frequent spongings with tepid water, to which a little saleratus has been added; the diet, in the first stages of this disease, should consist of corn-meal or flour gruel, barley or rice water, or corn-starch blanc mange; in the latter stages, boiled rice, beef tea, oysters, or raw eggs and wine, may be given; in case of great prostration, administer I tablespoon wine-whey often enough to sustain the patient's strength; wine-whey may be prepared by adding 2 wineglasses good sherry to I pint boiling milk; diarrhæa should be controlled with a little brandy or paregoric; for costiveness give tepid water injections; patients convalescing from typhoid fever should partake of light nourishment, thereby avoiding the danger of a relapse.

#### VOMITING.

Check by giving aromatic drinks, such as ginger, cinnamon, or mint tea; paregoric, brandy or some other stimulant, or small pieces of ice—to be swallowed whole—may also be given; a plaster, made of equal parts of corn-meal and mustard, or cloths wet in hot water, may be applied to the stomach; the patient should be kept quiet; a vomiting child may be relieved by laying upon its stomach a piece of flannel, wet with laudanum; vomiting, caused by excesses in eating and drinking, by indigestion, or a foul stomach, usually ceases when the contents of the stomach have been expelled; in cases of poisoning, vomiting should be

encouraged by administering frequent draughts of warm water (see "Emetics—Poisons.")

#### WARTS.

One drop oil of cassia applied to warts every night or morning will cause their disappearance, however large and dense they may be; touching them daily with acetic acid will answer the same purpose; warts can also be removed by small doses of sulphate of magnesia (epsom salts), taken internally, daily, for from I to 3 weeks; never use caustic potash or nitric acid.

### WHOOPING COUGH.

Take I gill each of garlic, sweet oil and honey, ½ ounce camphor; cook the garlic in the oil and strain and add the other ingredients. This will cure the worst case.

### WORMS.

Those which cause the most trouble are the tape-worm, the stomach worm and the pin-worm. The tape-worm dwells in the small bowels, and robs the body of its nourishment, causing loss of flesh and a constant craving for food, which a voracious appetite is unable to satisfy. A drink, composed of pumpkin-seeds, well-bruised and steeped in water, is said to be the most efficacious remedy for tape-worm. The long, round, or stomach worm, exists in the regions of the stomach, causing a peculiar odor to the breath, nausea, vomiting, flatulence, grinding of the teeth, disturbed sleep, thirst and headache. They sometimes rise into the throats of children, and produce choking or strangling sensations. Pin-worms infest every part of the alimentary canal, but are principally found in the lower bowel, causing griping pain and intolerable itching in the nose and anus.

The following preparation will be found useful: Half ounce each of pink root, senna leaves, manna, worm seed. Reduce the above to a coarse powder, and pour over it I pint boiling water sweetened with sugar. After steeping, add 2 tablespoons milk. For a child 5 years old, give I wineglass of the mixture 3 or 4 times a day, on

an empty stomach. A dose of physic should also be taken to insure prompt evacuation. When stomach-worms rise into the throat, administer a little salt and water. Pin-worms, in the lower bowel, may be destroyed by an injection of salt and water.

One of the simplest and best remedies to be given to children, if they are troubled with worms, is poplar bark. It can be bought at any drug store, and a little paper, costing 5 cents, will often prevent sickness, and possibly save a large doctor's bill. Take a little pinch of the bark, about as much as one would naturally take up on the point of a penknife, and give it before breakfast; it has a clean, bitter taste, and there is no difficulty in getting a child to take it if you explain what it is for.

### TO MAKE A SAND-BAG.

Get some clean, fine sand, dry it thoroughly in a kettle on the stove. Make a bag about 8 inches square of flannel, fill it with the dry sand, sewing the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven, or even on top of the stove. After once using this no one will ever attempt to warm the hands and feet of a sick person with a bottle of hot water or a brick. The sand holds the heat a long time, and the bag can be tucked up to the back without hurting one. It is a good plan to make 2 or 3 of these bags and keep them ready for use. Children with toothache can be put to sleep many a time with one.

### USE OF A RAW EGG.

How often we hear women who do their own work say that by the time they have prepared a meal, and it is ready for the table they are too tired to eat. One way to mitigate this evil is to take, about half an hour before dinner, a raw egg, beat it until light, put in a little sugar, flavor it and drink it down. It will remove the faint, tired-out feeling, and will not spoil your appetite for dinner. Plenty of fresh air in the kitchen does a good deal to relieve this trouble, and you do not then take your dinner in "at the pores," as Dicken's old Joey declared he took in the wine.

# CHAPTER XXXIV.

## RATS, MICE AND INSECTS.

### RATS AND MICE.

Soak one or more newspapers, according to number of holes to be stopped, then dip into a strong solution of oxalic acid (made by dissolving oxalic acid in water). While wet force the pulp into any crevice or hole made by mice or rats. Result, a disgusted retreat with sore feet and snouts on the part of the intruders. Prove it.

To Drive Away Rats or Mice Alive.—If you choose to drive them away alive, take pulverized potash, and put quite plentifully into all their holes. If the potash is pulverized and left in the air, it becomes pasty, and can then be daubed on the boards or planks, where they come through into rooms.

To Destroy or Drive Away Rats or Mice.—If arsenic is to be used, get 1/4 or 1/2 ounce, and label poison, and keep it away from children. To use it, first spread some slices of bread lightly with butter; then sprinkle on rather freely of the arsenic, and over this with a little sugar, and with a case-knife press the sugar and arsenic well into the butter, so they will not fall off. Now, cut the slices of bread into squares of 1/2 inch or so, and drop into the rat-holes, out of the way of children, chickens and other animals which you do not wish to kill.

### TO DESTROY INSECTS.

To Destroy Ants.—Ants that frequent houses or gardens may be destroyed by taking ½ pound flour of brimstone and 4 ounces potash; set them in an iron or earthern pan over the fire until dissolved and united; afterward beat them to a powder, and infuse a little of this powder in water, and wherever you sprinkle it the ants will fly the place. The flour of sulphur is also good sprinkled where they frequent.

Troublesome Ants.—A heavy chalk-mark laid a finger's distance from your sugar-box and all around (there must be no space not covered) will surely prevent ants from troubling.

A Bug Trap.—Bore a block of wood full of gimlet holes, place under the mattress and from time to time remove and put in boiling water. This is an East India hospital plan and is death to the bugs.



Cockroaches may be destroyed by pouring boiling water into thier haunts, or setting a mixture of arsenic, Indian meal and molasses where they are found. Chloride of lime and sweetened water will also poison them.

Crickets.—Scalding, and sprinkling Scotch snuff about the haunts of these insects, are remedies for the annoyance caused by them.

To Banish Fleas.—The oil of pennyroyal will certainly drive them off; but a cheaper method, where the herb flourishes, is to dip dogs and cats into a decoction of it once a week. Mow the herb and scatter it in the beds of the pigs once a month. Where the herb cannot be got, the oil may be procured. In this case, saturate strings with it and tie them around the necks of dogs and cats, pour a little on the back and about the ears of hogs, which you can do while they are feeding, without touching them. By repeating these applications every 12 or 15 days, the fleas will leave the animals. Strings saturated with the oil of pennyroyal, and tied around the neck and tail of horses, will drive off lice; the strings should be saturated once a day.

#### STICKY FLY-PAPER.

Melt together I pound resin, and add 2 tablespoons linseed oil; while it is yet warm dip a spatula or broad knife into it and spread what adheres on a sheet of foolscap paper; the proportions will vary a little on account of difference in resin; about  $2\frac{1}{2}$  tablespoons lard may be used if you cannot get the linseed oil.

## FLIES AND MOSQUITOES.

Twenty drops carbolic acid evaporated from a hot shovel will go far to banish flies from a room, while a bit of camphor gum, the size of a walnut, held over a lamp till it is consumed is the sovereignest thing on earth against the festive mosquito.

To catch the few early flies, take ½ teaspoon black pepper, I teaspoon brown sugar and I of cream; mix well together. Some persons prefer a standing saucer of this to the sight of fly-paper—but the latter is too useful to be despised, before the wire screens go in, or even after, to catch the few strays that nobody can account for.

Mosquitoes.—Mr. Ivers W. Adams writes to Forest and Stream, that he tried a dozen prescriptions for repelling mosquitoes, flies, and similar pests, and found none of them effective until he came across the following, which is dead sure every time: Three ounces sweet oil, I ounce carbolic acid. Let it be thoroughly applied upon

hands, face, and all exposed parts (carefully avoiding the eyes) once every ½ hour, when flies are troublesome, or for the first 2 or 3 days, until the skin is filled with it, and after this its application will be necessary only occasionally.

### MOTHS IN CARPETS.

Take the carpet up and clean it; look in the cracks, and if you discover signs of moths, wash the floor with benzine, and scatter red pepper on it before putting the carpet lining down.

If you do not wish to take the carpet up, pull out the tacks, fold the carpet back, wash the floor in strong suds with I tablespoon borax dissolved in them; dash with insect powder, or lay with tobacco leaves along the edge, and retack; or, use turpentine in the proportion of 3 tablespoons to 3 quarts water; after the carpet has been well swept, go over each breadth carefully with a sponge dipped in the solution and wrung nearly dry; change the water as often as it becomes dirty.

### MOTH PREVENTIVE POWDER.

Mix together I ounce black pepper, I ounce camphor, I drachm turpentine, 2 ounces snuff, 4 ounces cedar sawdust. Splendid.

### THE BUFFALO MOTH.

Of the vast number of remedies tried for exterminating that most troublesome pest, the Buffalo moth, the following is one of the latest claimed to be effective. Take strips of red or blue flannel (as these colors are particularly attractive to them), dip in liquid arsenic and lay around the edge of the carpets, or wherever the pests are troublesome. They will soon eat a desired amount and collapse to the entire satisfaction of the housewife, without the least injury to her carpets. It may be added that care should be exercised in the use of this remedy in a household where there are children. The strips might be safely hidden underneath the carpet.

### VALUABLE INSECTICIDES.

Among the best insecticides is pyrethrum, commonly known as insect or fly powder, which does not require to be eaten, but kills

by coming in contact with the insects and is safely and easily applied in all cases where it may be useful, for it is quite harmless except to insect life. For flies, bed-bugs, cockroaches, moths and all kinds of insects, it is invaluable. For fowls that are troubled with vermin, dust it into the feathers. It is very useful in killing cabbage worms and the slugs and insect pests that infest rose and currant bushes.

Kerosene emulsion may be made with I quart soft soap to 8 quarts boiling water, well stirred together, when for safety the kettle should be taken away from the fire and I pint kerosene oil and I pint sour milk be added, and all well mixed up while hot by churning or using a small hand pump. This makes a quite useful wash for trees infested with borers and any kind of insects.

Powdered white hellebore is also specially effective on currant worms and rose slugs. Unlike pyrethrum, it is poisonous, and care should be taken not to sprinkle it on fruits that are to be eaten.

A strong solution of alum water is also valuable as an insecticide in places where it can be used, for moths in carpets or clothing, bed-bugs, cockroaches, ants, etc.

There are many poisons that are effectual in killing house pests, but as they are also fatal to children we have avoided giving recipes of that character as far as possible.





SOLICITUDE.

# CHAPTER XXXV.

# CARE OF BIRDS AND AQUARIA.

### THE CANARY.

There is no music in nature sweeter than the singing of those little angels of the trees, the birds. It gladdens the heart to hear their "wood-notes wild" ringing through those grand cathedrals, the woods, whose tall green pillars are reared by the wonder-working hand of God. Their song seems to make the sunshine brighter; and we have often fancied we could see its golden rays darting and flashing, and keeping time to their warblings, and though we cannot bring their surroundings into our homes, yet the birds may come and not only contribute to our happiness with their joyous notes, but be made contented and happy in their mission of song.

The following simple instructions in the care of canaries will be found useful to all lovers of the feathered songsters:

#### CHOOSING THE BIRDS.

Don't be particular as to color; brown or mottled birds often prove the best singers. Avoid birds with red eyes; they are delicate and not easily kept in song. Tameness is not a sign of excellence; a bird that is moderately shy and spry will be likely to turn out best. Look for melody and sweetness rather than shrill, loud tones, if the canary is intended for a private house.

#### BATHS.

Let the water be fresh daily. The bath-tub should be removed as soon as the the bird has bathed. If you have a wire cage with a bottom that hooks on, a good plan is to fill the bath-tub and set it on the floor, or on an old table; then unhook the bottom of the cage, and place the cage with the bird in it over the bath-tub, and when the bottom is replaced the cage will be perfectly clean and dry.

#### CAGES.

The wire bell-shaped cage is best for song birds. Brass is better than painted wire. In addition to the bath-tub and seedcup, the cage should have 2 or 3 perches, of hard wood, made round and smooth. Keep the perches clean by frequent washings with soap and water, and never return to the cage until thoroughly dry. At least twice a week, the bottom of the cage must be taken off and washed, and the bottom covered with fine sand and gravel. Be careful never to use salt-water sand; avoid drafts of air, hot sun and chilly rooms, and if you would have your birds cared for attend to it vourself.

### FOOD AND WATER.

Simple diet is better for song birds than dainties, like cake, sugar, and other "goodies." The staple food for canaries should be plain white canary-seed, with which the drawer should be filled, and not with mixed seed, for in order to obtain the sort they like the best the birds will very soon scatter the contents of the seed vessel, and in 5 minutes waste as much food as ought to serve them a day. A very good mixture of seeds is made as follows: Lettuce, oat grits and small linseed each I part; small hemp seed ½ part; mix and keep in a tin for use. A tablespoon of this mixture may be given to every 3 or 4 birds twice or thrice a week—during the

breeding season it may be given every day; put into a separate vessel, or throw it on the bottom of the cage. In summer the cage should be supplied with green food, such as cabbage, turnip tops, chick-weed, plantain stems, celery, watercress, etc. In winter use a little sweet apple, and a trifle of boiled carrot or cauliflower, without salt. A cuttle-fish bone is useful to them for the lime it contains. Always see that the water cup is well filled. Birds frequently suffer intolerably from thirst after having scattered and wasted the water.

### BREEDING CANARIES.

Canaries pair about the middle of March or April. Select a vigorous, handsome pair, and having first kept them in separate cages within sight of each other for a few days, put them in the cage. In case the hen forsakes her nest after having laid her fuli number of eggs and begun to sit on them, remove the nest and put in a fresh one and let her take a new start. Canaries usually lay from 4 to 6 eggs, and they sit for 13 days. While the bird is sitting she should have plenty of food; and on the day the hatching is expected, put into the cage a little grated bread soaked in water and pressed dry, and part of a finely-chopped hard-boiled egg should also be put in the cage. These viands are for the young birds. They should be placed in the cage at night or early in the morning, and great care should be taken to change them often enough so that they will not get sour. Healthy young birds will look red, and their crops will be full. If they seem pale and emaciated, it is time to suspect vermin, and you should change the nest at once, smoothing out the new one before putting the infants into it by rolling a hot hen's egg about in it. When the young birds are a month old they may be taken from the parent cage to another near at hand and within sight. Their cage should never be without green food. Fresh hard-boiled eggs and grated bread, dipped in water and pressed, is the best food for them. Give them a chance to bathe daily; sprinkle them gently with water from a brush if they refuse to get into the tub; and let them have as

much soft (not too hot) sunshine as possible. If possible, let them have some insects, ants' eggs, etc.

The cause of most diseases is colds, which are occasioned by either hanging a bird in a draught of air, near a loose-fitting window, or keeping him in a very hot room through the day, and then in a cool one at night. This cold, if not cured at once, leads to asthma, and from that to a disease known as the gapes. The best cure for the cold is to feed, in addition to their regular seed, rape and canary, and perhaps millet, a paste made from I hardboiled egg and I pulverized cracker, thoroughly mixed together, using no water in mixing, the egg supplying sufficient moisture. Sometimes a bird seems hoarse, and apparently has lost his voice. This is occasioned by over-singing. A little pure rock candy, not flavored, dissolved in the drinking water, and a quantity of red pepper put in the paste described above, will usually effect a cure. If, however, the cold is allowed to remain for several days without any attention or cure, it will pass rapidly from cold to asthma, and from that to gapes, which is best described by saying that the bird looks like a little puff-ball, with a constant panting, and his bill almost constantly opening and shutting, as if to catch his breath. His food should be the same as described above. Many bird fanciers have given small pieces of salt pork, cut about the size of seed, with a quantity of red pepper thereon, with beneficial effect; also keep the bird warm, and give, with his rape and canary, ripe plantain if it can be had. Every morning he should have I small tablespoon warm bread and milk, and now and then a little bit of sponge cake soaked in sherry wine.

Asthma, or hard breathing, when arising from an oppressed stomach, generally yields to plantain and rape-seed, moistened with a little water, as the sole food.

### BALDNESS.

Wash the bird's head night and morning in salt and water, drying it with a soft clean cloth. Then rub in on the bald places a little lard or fresh butter; repeat these operations for I week; this will cure the disorder, and in the spring the feathers will again begin to appear.

### EPILEPSY.

This disease exhibits itself in sudden fits. The readiest method of treating is to syringe the bird well with water. Some persons have recourse to cutting the bird's toe-nail until it bleeds.

#### MOULTING.

Most birds shed their feathers in the months of September and October, and, though it is perfectly natural for them so to do, still the operation is accompanied with a slight disease. They should be fed on the soft paste before described, and kept in a comfortably warm place out of all draughts of air. Should a bird not shed his wing and tail feathers readily, it is well to pull them out, pulling, however, only one at a time.

### SORE FEET.

This disease is usually occasioned by using a very small perch, and also by not using sufficient gravel for the bird to keep his feet clean. With larger perches and plenty of gravel, a bird will seldom have sore feet. Should he, however, be so troubled, the best remedy is to wash the feet in I gill warm water, to which has been added 10 drops tincture of arnica.

## THE MOCKING BIRD.

The mocking bird is a general favorite, and deserves to be attentively cared for. He is particular, and should be fed and watered at the same time every day. His cage should be large, and kept very clean, with plenty of gravel.

In the Southern States many young birds are taken from their nests and reared by bird-dealers. The food supplied to them consists of  $\frac{2}{3}$  boiled potatoes,  $\frac{1}{3}$  hard-boiled eggs. This food is mashed with a wooden masher. The birds are very fond of this food, and thrive wonderfully on it. It is easily digested and not as apt to produce diarrhæa as the biscuit soaked in milk, so much used in Germany. When the birds advance in age they may be fed with prepared mocking bird food (see "Mocking Bird Food,")

which can be procured from every respectable bird-dealer. For a change, mix some grated carrot with their usual food. From time to time it will be well to supply them with a little cayenne pepper, which will serve to clean their stomachs.

A supply of insects should be gathered during the proper season, such as flies, grasshoppers, spiders, etc., and put loosely in a paper bag, and hung up to dry; and, when used in winter, they should have boiling water poured over them, which will soften them, and make them as palatable as if they were still alive. A grasshopper thus prepared is a Thanksgiving dinner to your bird. Zante currants, the same as used for cake, washed clean, soaked over night, and wiped dry, also make a dainty morsel.

Meal-worms give a bird a great deal of life, and, being the richest of food, should only be given occasionally, say 6 to 10 worms in a month. Every owner of a soft-bill bird should raise a stock of meal-worms. The process is very simple, and consists in first taking an old box or jar, and placing therein a quantity of bran or meal,—in fact, any farinaceous meal,—a few biscuit or part of a loaf of bread, a few pieces of leather from an old, worn-out boot or shoe, and some woolen rags; place therein a few meal-worms,—say 50,—and then cover the opening tightly with a thick cloth. If this cloth is moistened with water occasionally, they will breed faster; and, if not disturbed, at the expiration of from 4 to 6 months, you will have thousands.

Mocking birds have diseases. Should your bird's feathers stand loosely all over, and he still seem healthful, give him cooling food only. Should your bird be dumpish and stupid, a few spiders will usually cure him. Should he refuse to eat, examine his tongue, and you probably will find on it a horny scale; this must be removed with great care, as, if allowed to remain, your bird will surely die. To remove this scale, hold the bird on his back firmly with one hand, and, with the finger-nail of the other hand, gently peel this scale from the tongue. Carefully watch the bird's droppings, and immediately apply the cure for illness.

Diarrhœa is cured by a very rusty nail placed in his drinkingcup, and the reverse by insect food, or water with a few ants' eggs soaked in it. Blindness is not to be cured; and the bird thus attacked will shortly die, its spirit being broken by the illness.

During the month of May, sometimes earlier, all birds have what is called the mating fever. They grow melancholy, allow their feathers to grow rough, cease to "plume themselves" before retiring, waste away, and die. All lovers of birds must have observed that a bird never goes to sleep without arranging, just before dark, every feather. The uniformity and tediousness of a bird's life, confined in a cage, that was not bred in one, is the cause of this mating-fever. In many instances they forget their inclination for freedom and a mate, by simply changing the cage, and hanging near a window, where their time will be taken up in watching new surroundings.

Mocking bird lice are a great annoyance to a bird, and should be gotten rid of. This is best done by placing the bird in another perfectly clean cage; then steep some fine-cut chewing tobacco in water, and, with a very weak solution, wash the bird very thoroughly, particularly under the wings; then place a white cloth or towel on top of the cage, and they will crawl up, and in a few days you will be rid of them. Clean your cage very thoroughly before you replace your bird therein; and, with proper attention to cleanliness, you will not again be troubled with them.

Experience shows that nine-tenths of the ailments of birds are caused by improper feeding. Bits of sugar, candy, daily green food, grapes, meat from the table,—all are bad for any bird. Birds need plain food, regularly given. A bath should be given the mocking bird daily; and the vessel should be removed from the cage when the bird has bathed. You can soon teach any bird to bathe directly when you give him his bath, if you give it to him at the same hour each day. If irregular yourself, the bird will contract the same habit.

These remarks on the mocking bird will also apply to the thrush, starling, lark, nightingale, robin, blackcap, and, in fact, all the family of soft-bill birds. In doctoring your sick bird, ascertain as nearly as possible what his complaint is, and apply the remedy; if it does not succeed, try another. Birds have been known to be at

the point of death with costiveness, when a small spider has been forced down their throats, and a large knitting-needle, dipped into oil, inserted into the passage as an injection, and the bird caused to fly a few feet, when immediate relief followed, and in a few hours the bird was again in song.

### THE PARROT.

The parrot possesses a more enduring constitution than any other cage-bird. They are, however, very sensitive to draught and cold. Great care must be taken to keep them in a warm and comfortable room. Keep them out of doors as much as possible during the summer time, and in the winter give them the benefit of all the sunshine possible. It is expedient to expose them in warm weather to a summer shower; they should, however, be immediately afterwards removed to a warm room, in which there is no draught.

Their perches should never consist of metal. They are no doubt handsome, but have the double disadvantage of conducing heat too easily and of being too smooth. The birds are liable to contract from them rheumatism and other diseases of the feet.

To keep parrots in health cleanliness is a prerequisite; then plenty of gravel to aid digestion; his food should be plain, consisting of stale bread and crackers, or cold boiled potatoes, also green corn, raw onions, peanuts, cracked corn, padda, hemp and canary-seed; feed no greasy food from the table, or sugar, candy, cake, etc.; a piece of apple, or other "green stuff," once a week, will be found beneficial.

They drink very little, and can abstain from fluids for a week. They are fond of coffee, either plain, or with cream and sugar.

Diseases of parrots are very few. Those recently landed are, at times, attacked with diarrhea. From one so afflicted, all green food should be taken away, and he be fed boiled milk, thickened with Graham flour, and a little red pepper. If this does not afford relief in a few hours, then give stale bread soaked in warm sherry wine, with a little burnt sugar in it.

These remedies have failed when a parrot is moulting, and

peppers and spices have been given. If none have the desired effect, give laudanum or paregoric. If the latter, 5 drops in 1 teaspoon milk, poured down the bird's throat, and repeated every ½ hour until relieved. Feed a little plain food, and keep the bird in a shawl or piece of blanket, in a warm place, until restored.

A frequent inquiry at bird stores is, "What makes my parrot pull his feathers out?" The reply is, "You feed your bird too highly." The parrot, like many of the human family, is afflicted with a skin disease, and rich food drives this disease to the surface, causing eruption, and an itching sensation, which the parrot relieves by pulling out his feathers. If a piece of wood is placed in the cage, the bird will spend his leisure in gnawing, and forget the itching sensation.

Parrots addicted to this habit should be fed on carrots and roasted peanuts; both are cooling foods, free from grease. Shower with cold water several times per day, letting the water fall in a spray upon the bird.

Sore feet are occasioned by a dirty cage. Clean it, and put in plenty of sand; then wash the feet in lukewarm water, tinctured with arnica.

The ailments of parrots, and the remedies, apply to the dwarf parrot, or paroquets, but with care the bird will not have these complaints.

### GERMAN BIRD-FOOD.

One pound blanched almonds, 2 pounds pea-meal, 3 ounces butter, a few grains saffron, enough honey to make into a thick paste; granulate by pressing through a colander; some add the yolks of 2 eggs.

### MOCKING-BIRD FOOD.

Two parts corn-meal, 2 of pea-meal, and 1 of moss-meal; add a little melted lard that is not salted, but not enough to make it too greasy, and sweeten with molasses; fry in a frying-pan ½ hour, stirring constantly to keep it from burning; this makes it keep well; put in a covered jar.

# THE AQUARIUM.

An Aquarium is a vessel containing water, live aquatic plants and fishes, in such proportion as to be mutually supporting without



the addition of much food, and with few changes of water. The plants contained in it should be sufficiently numerous to liberate

or throw off enough oxygen to furnish the living animals with lifesustaining material, enough fish and other animals to consume that oxygen and restore a sufficiency of carbon for the sustenance of the plants. This is the fundamental principle of nature, both of animal and vegetable life, the animal portion being sustained by the oxygen generated by vegetation, and the vegetable part by carbon exhaled by the animal. Consequently, if too much animal life be placed in the tank, the want of sufficient oxygen is soon experienced by its finny inhabitants, causing them to sicken and die. Should there be too much vegetation, the water becomes overcharged with oxygen, vitiating the animal system with its enervating power, so that the same fatal result necessarily follows. In the Aquarium care must be taken lest too much of either be taken, as in either case the life of the fish will be endangered. It is a difficult matter to instruct a beginner as to the quantities of each which he must take. A short experience will, however, sufficiently teach the quantity needed, to those interested in the matter.

#### FISH-GLOBES AND FISH.

Should you have a fish-globe without gravel or aquatic plants, the water must be changed daily, and at stated intervals. If the globe be not very small, and the temperature moderate, it will suffice to change the water every second day. The following rules should be observed:

Let the water flow for some time from the hydrant. Place your globe with fishes under the hydrant, and let it run for 15 or 30 minutes. The interior of the globe may, in the mean time, be cleaned with a sponge or brush. The fish should not be removed, as their removal is detrimental to their well-being.

The following rules should be observed in keeping fish-globes or aquaria:

Place fish-globes and aquaria so that they can have an abundance of light, air, and sun. Be careful to keep them in a cool place.

Globes, as well as aquaria, should never contain more than fourfifths water, as otherwise the fishes might jump out and get hurt, while lizards, snails, and other animals, would have a great opportunity of creeping out and being lost. Owing to the neglect of this precaution many have been caused to wonder at the loss of their pets. Fishes, like every other living creature require food. If not kept in a self-sustaining aquarium or globe, food must be supplied. I would advise a supply of fish-food once or twice each week. This food can be had in every respectable bird and fish store. In the case of such fresh-water fish as Sun-fish, Cat-fish, Ecls, Turtles, etc., worms are a useful food, and if worms cannot be had, raw meat will be a good substitute.

Beef, when supplied, should be hung on a string, so that the fish can reach it and take as much as they please. Should the fishes decline eating fish-food for 3 or 4 hours, it should be removed, as, becoming soft, it muddies the water and injures the health of the fish. In winter time the fishes need but little food. Bread, crackers, cakes, and other dainties, are not only useless but injurious, and should be avoided. Globes, as well as aquaria, require air and sunshine. It is well, nevertheless, to protect them from the rays of the sun when they are extremely hot. This can be done by covering them with a cloth. If the atmosphere or sun has warmed the water in the globes or aquaria, it will be well to allow it to cool before changing it. It is a bad practice to use ice for the purpose of cooling the water. It is advantageous to place aquatic plants and gravel in the globes in which we keep Gold-fishes. The plants are often devoured by the fishes. This alone proves that they need food. The pebbles are useful as retaining the excrement of the fishes and preventing them from mixing with the water. In globes the plant should be allowed to float; but in large aquaria the plants should be fastened by their roots to a stone. The larger the globe the more plants and pebbles should be used. Should the water be changed daily, as prescribed above, the plants will not grow so well as if it were not changed so frequently. The water should not, in this case, be changed while it remains clear, and the fish do not come to the surface. Fish are often killed by not changing the water at the proper time, nor as above described. In aquaria the water need not be changed unless it becomes slimy, or poisoned by dead fish, or putrid or decayed plants or food. Shells are often injurious in aquaria, as the water is liable to become impregnated with the salt and lime contained in them. Shells should be allowed to remain in water for some weeks before being used. Turtles should be frequently fed on raw beef; in summer time flies will suffice.

When we keep Frogs, Turtles, Lizards and Snails in aquaria, we should supply floating islands, so that they may, from time to time, be enabled to rest on the surface. Rock-work will improve the appearance of aquaria and globes.

The following animals are best adapted to fresh water aquaria: Gold-fish, Silver-fish, Sun- and Rock Sun-fish, Cat-fish, Stone or Rock-fish, Striped Bass, Shining-dace or Shiner, Stickle-back, Eels; also small Water Turtle, Lobster, Frogs, Newts or Lizards, Tadpoles, Mussels (Fresh-water Clam) and Beetles.

# CHAPTER XXXVI.

# FLOWER CULTURE.

#### HOUSE PLANTS.

A window with a south situation has the best advantage, and the next best is a west or east window; a northern window is useful chiefly for ferns, colens, some fuchsias, and to winter shadeloving plants.

No plant can be expected to flourish in a dark room. If you want fine plants, make up your mind at the start that you will give them all the light possible. The carpet may fade, but the plants will flourish, and their beauty will be sure to draw the attention of your visitors, so that the faded carpet on the floor will not be noticed. Plenty of sunshine will be of benefit to you as well as to the plants. Some kinds require less direct light than others, and these can be given places in the rear of those which demand strong sunshine.

We must provide something nutritious for the plant to grow in, if we expect it to do well. The best soil is made up of good garden soil, turfy matter scraped from the bottom of grass sods, with the fine roots of the grass left in it, some well-rotted manure, and sand enough added to equal parts of the above to make it light and porous. The grass roots will make it spongy, and with sponginess, porosity, and substantial nutriment thus combined, we have a soil in which almost any plant adapted to house-culture will be pretty sure to do well.

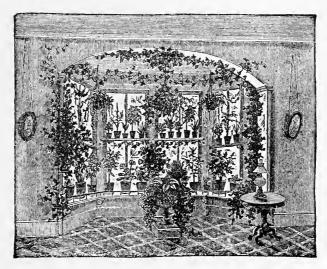
A soil like this never retains too much moisture, if good drainage be given, and this should never be neglected; if larger than 4-inch pots be, used put at least I inch broken brick or crockery into every pot before filling it with soil; this allows the surplus water—that which the soil does not retain—to drain off. If drainage is not provided, the hole in the bottom often gets stopped up, the ground gets sour and the roots diseased.





In western windows may be grown such plants as fuchsias, cacti, wax-plant, calla, geraniums, heliotrope, Chinese primrose, periwinkle, pansies, tulip, hyacinth, lilium, rose-geranium, pinks, German ivy, ameranthus, etc.

From a southern to an eastern exposure may be grown, monthly roses, iris, calla, oxalis rosea, hyacinths, cyclamens, azalea, cineraria, auratum, daphne, Chinese primrose, heliotrope, jessamine, etc., but some of those plants will flourish and bloom in any of those exposures. Moisture is one of the most essential elements in house



culture; plants can be kept moist by setting vessels containing steaming soap-suds near them, 2 or 3 times a week, and is very efficacious in destroying parasites.

With all these and many more to select from, the window and its surroundings may be made very effective. A window extending from floor to ceiling is well adapted for this style of gardening, and should be filled with plants growing in boxes or pots and set on high brackets on each side of the casement; if the window has a sliding screen of stained glass in it the effect will be so much better. The climbers may be lophospermum, Maderia vine, Alpine woodbine, and all or any kind of ivies, while smilax, vincas and arbutus

droop and trail. Bright colored flowers may be scattered around in graceful Wedgewood *jardinieres* forming a lovely contrast with the green background. Small brackets holding pots of carnations, bouvardias and heliotropes may be placed among the vines in the window. Hanging-baskets and wall-pockets may also find a place there with good effect.

Wall-pockets are liked by some better than hanging-baskets. Cut a thin board in the shape of a shield to form the back. Bore a hole in the center near the top to suspend it from a nail, then bore small holes all round the edge about ½ an inch apart. The pocket is made with ordinary brass or white wire, which is passed through the holes from side to side and carefully fastened at each end. The same process is repeated from top to bottom of the shield and the wires fastened together. The receptacle is then lined with mosses and filled with wood earth. Arbutus, partridge vine, wintergreen, etc., mingled with ferns, will all take kindly to these novel quarters if kept constantly moist.

Almost anything may be converted into a hanging-basket. Line it with moss with a little soil attached, and place in the center some showy plant of upright habit, fill up the surrounding space with rich woods and old hot-bed soil, fill in with plants of a climbing or trailing habit, when the center plant fades it may be replaced by a fresh one. In filling a basket, select plants of similar habits, those of like shape and moisture—fuchsia, lobelia, geraniums, wax plants, vinca, and wild and cultivated ferns. For hanging-baskets nothing can compare with the sedum seboldii, oxalis, creeping Charlie, etc. Very handsome hanging-baskets are made from glass dishes set in silk or satin bags decorated with fancy pictures, or else embroidered; they are hung by three silken cords, place at equal distances in order to balance the dish. Ivies and ferns look pretty in this arrangement, or a sweet potato, with its pretty foliage and quickly climbing habit, grows nicely in it.

Ferns and ivy mingled will fill a hanging-basket very prettily, but the ivy for this purpose should be the small leaved kind, which sends out graceful, compact sprays to twine around the wires by which the basket is suspended, and to droop over the edges.

### BULBS FOR WINTER BLOOMING.

Many persons seem to think that all that it is necessary to do to bring bulbs into bloom in the house in winter, is to pot the bulb, put it in the window, and set it to growing at once. They do this, a growth of few and feeble leaves takes place, and then the bulb dries up, and that is all there is to it, and they wonder why they didn't get any flowers, and in 9 cases out of 10 blame the florist for sending them worthless bulbs. In every such case the fault is their own.

It is useless to expect good flowers from any bulb potted and started into growth in a warm, light room. The action of light and warmth starts the top into growth at the same time that roots are forming in the soil. There is nothing to support top-growth. In order to have a good development of foliage and flowers, the roots must be formed before any growth of top is encouraged.

When you pot your bulbs, whether in September or later, be sure to put them away at once, after planting them, in a cool and dark place. It does not very much matter whether it is a celler, or on the side of some building out of doors, where they can be covered up and light excluded. The essential points are darkness and not too much warmth. When this plan is followed you can raise good flowers from them, but when you attempt to force a growth of roots and top at the same time, you exhaust the plant at an early stage of its unnatural growth, and as a natural consequence you get no flowers.

If a succession is desired, pot at intervals, and bring up about a month or 6 weeks before you want them to come into bloom. But be sure to give them at least 6 weeks in the cellar, or wherever you put them after potting, to form their roots in.

When they are brought up, be careful to not give too high a temperature at first.

Hyacinths grown in pots often have a tendency to develop short stems. To remedy this defect, it is best to put a pot over the top when the flower-stalk appears, for a few days. The inverted pot keeps out most of the light, and the stalk grows more rapidly, and lengthens out sufficiently to allow the flowers that come later to display themselves effectively.

After they have bloomed, plant out the tulips and hyacinths. They will often recover after a season or two in the open ground, and give tolerably good crops of flowers there. But never use them a second time for house culture. Bulbs of Narcissus and Bermuda lily throw away. Freesia, Allium Neapolitan Tritilea can be taken from their pots after completing their growth—this can be told by the dying of the leaves—and wrapped in paper and kept dry through the summer, and re-potted again in fall. But it is always safer to buy fresh bulbs in all cases.

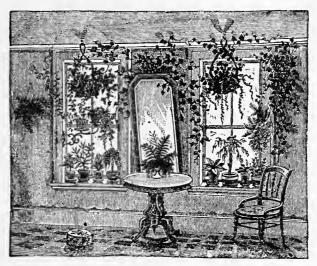
For potting bulbs use a compost made up of loam, rich, well-rotted manure and a good deal of sharp sand. Water when you plant them, and as required thereafter until they are brought up. Examine them occasionally; and if the surface of the soil looks dry, give more water, but only enough to keep the soil moist all through.

## TO RE-POT HOUSE PLANTS.

Renew the soil every year and when a plant has reached what seems a disproportionate size for its pot, and the new shoots start vigorously, but soon cease growing, it is probable that it needs re-potting soon after the time of blossoming. Prepare soil as previously directed, and see that it is of the right degree of moisture, which may be known by gently pressing a handful of it, when it will form a ball or lump, but will crumble into fine earth again if struck or pinched with the fingers. If too wet, the ball will form, but will not crumble; if too dry, it will only form by very hard pressure. Loosen the earth from the pot by passing a knife around the sides. Turn the plant upside down, and remove the pot. Then remove all the matted fibres at the bottom, and all the earth, except that which adheres to the roots. From woody plants, like roses, shake off all the earth. Take the new pot and put pieces of broken earthen-ware or brick in the bottom, and then, holding the plant in the proper position, shake in the earth around it. Then pour in water to settle the earth, and heap on fresh soil till the pot is nearly full.

The following is as good a compost for nearly all kinds of plants as the amateur will be likely to obtain: One-third good garden loam, ½ turfy matter from beneath old sods, the other third made up of equal parts of well-rotted manure and sharp sand. Mix well.

Jennie June says: Don't fuss with your plants too much, I have found that plants do much better when you let them pretty much alone than they do when you are all the time bothering with them. If you give them good soil, plenty of light, fresh air, and what water they need, they will do well, in 9 cases out of 10, without farther attention. Of course you must keep them clean and



free from insects. That is to be expected. But what I meant by letting them pretty much alone was, that you should not coax and coddle them as many do;—to-day a little soap suds; to-morrow a little fertilizer; the day after some liquid manure. It is just the same with plants as it is with children. Feed them good, nourishing food, when it is needed, and at no other time, and they will be strong and healthy, provided they have air and sunshine. A great many plants, as well as children, are fussed to death.

Never water until the surface of the soil in the pot appears dry. All rules have exceptions, and this rule applies to most kinds grown in the house, but not all. The calla, for instance, requires more water at its roots than it would be likely to get under the above prescription, and so does the fuchsia, when in active growth; but it will be found safe to treat nearly every other kind usually found in the ordinary collection of the amateur as above directed. The calla should be kept wet,—not merely moist,—and the fuchsia should be watered so frequently that the soil is quite moist all through; but both of these plants should have good drainage given them. If this is done, there will be no danger of bad effect from over-watering. If not done, the soil will often become sour, because it retains the water which should run off.

Remove all flowers as they fade. Allow none to form seed. If you do, all the energies of the plant will be bent toward perfecting it, and as a natural result you will have but few flowers after that.

Syringe your plants overhead at least twice a week, and once a day is much better. Do this thoroughly, and take especial pains to throw the water up on the underside of the leaves. This is where the red spider lurks, and it dislikes nothing so much as moisture. It is only found in dry rooms, with a high temperature. The only way to keep it away, or to drive it away when it has taken possession, is to use water freely and persistently.

Never use cold well-water. Rain-water is best, but hard water will do if not given just as it comes from the pump. It is a good plan to add a few drops of ammonia to each pailful of hard water.

Keep the aphis, green fly, or plant louse, in check by frequent fumigations with tobacco-stems, or by syringing daily, all infested plants with an infusion of tobacco-stems, until the pest is routed. Prepare the infusion by pouring boiling water on the stems or leaves. Let them steep for 12 hours, then drain off the water for use. It is about the right strength when the color of weak teatused thoroughly, it will drive the aphis away, but it is not as immediately effective as tobacco smoke is. But many prefer to use it because it is not so disagreeable.

Turn your plants about every few days, to prevent their becoming drawn toward the light. If this is not done, you will have one-

sided specimens which will only look well from the outside of the window.

If a plant has a tendency to grow tall, and you want it to be bushy and compact, cut the top off, and keep it cut off until you have succeeded in forcing side branches to start.

Never use very large pots for plants from which you want many flowers. Plenty of root-room induces a vigorous growth of top. When small pots are used, there is less development of branch and more of flowers.

When you pot or re-pot plants, always leave a space of I inch between the soil and the top of the pot. This allows you to pour on water without having a good deal of it run off. Fill the pot to its rim with water, and let it soak into the soil gradually.

#### PREPARING BEDS FOR BULBS.

The best soil for bulbs is one that is naturally well drained, rich, and somewhat sandy. The location of the beds must be left to the inclination of the owner. The location of beds near the house might be objected to if it was impossible to use these beds for other flowers after the bulbs had completed their spring blooming. for no one would care to have vacant places there all through the summer; but there can be no objection of this sort urged, because the annual growth and ripening of most bulbs is completed quite early in the season, and after that annuals and other plants can be set out in these beds without in the least interfering with the bulbs below. In this way the beds can be made useful all summer.

If you have not a well-drained place in which to plant your bulbs, dig out the soil to the depth of I foot—better I½ feet—and put in old brick, crockery, broken pots, tin cans, or stone. Nothing damages a bulb so much as stagnant water about its roots. In fact, if water stands about it, it is impossible to grow it successfully.

After having excavated your bed, mix in at least ¼ of old and well-rotted manure—preferably that from a cow-yard. If the soil is heavy at the time you add the manure, mix in some sand. Work these elements together well, and when you have a mellow mass of earth, fill up the hollow where your bed is to be. It will

be some inches higher than the ground about it, and allow the water to run off it on all sides.

The larger bulbs should be planted about 5 inches deep, and about 6 inches apart. Smaller ones can be planted closer together, and it will be found much more satisfactory to have these in beds by themselves than mixed with the larger flowering kinds. In large beds they can be used effectively as a border.

#### THE CARE OF BULBS.

Some persons make a practice of taking up tulips and hyacinths after they have completed their annual growth, and keeping them in a dry place during the summer, planting them out again in the fall. It involves a great deal of work, and nothing is gained by it. If given the proper soil, and taken care of as they should be, it is wholly unnecessary to take up bulbs and reset them for several years. After they have multiplied, it is always a good plan to take up, divide, and reset, throwing away all poor and diseased ones. Never take up in spring unless you desire to make changes in the beds which makes it necessary to clear them.

In the fall the beds should always be covered with leaves or litter from the barn-yard to the depth of 6 or 8 inches. A good dressing of manure, always selecting that which has lain and rotted in preference to anything else, should also be dug into the soil.

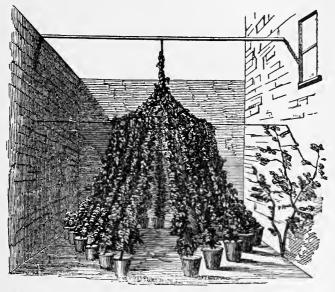
Covering for winter need not be put on till late. It should be removed quite early in spring. If you find that any have come up when you uncover the beds in spring, be sure to throw a blanket over them when a cold night comes.

Do not disturb them after blooming. They will make their annual growth at that time. When this growth is completed you can tell by the turning yellow of the foliage, after which it will soon die and disappear. Then it will be safe to stir the surface of the soil, and fit it for annuals. Be careful not to dig deep enough to reach and injure the bulbs beneath.

The best time to set bulbs is in the fall. September is a better month than October, because those planted out early have a chance to make strong roots before the coming of cold weather.

#### ARBORS.

Below we have a small temporary arbor made with pots of climbing plants, placed at a little distance apart, but may, if desired be brought closer together, or there may be two rows of them, so as to form a close wall of foliage. The construction is very simple. A piece of wood is placed across the yard from wall to wall, and from the center of this a hoop is suspended by copper wire or strong cord (but the wire is preferred); from the hoop the wires radiate downward and outward to a circle of pots placed upon the ground and containing the climbers. It will be seen that the whole of the materials required will cost the merest trifle.



A small yard may also, if desired, be roofed in during the summer time by wires drawn across the top and overrun with creepers. A very effective ornament for a limited space is the skeleton of an old umbrella, its handle lengthened to a desired height, and placed in the center of a circle of pots containing climbers. The vines will twist in and out through the frame in a graceful profusion of

leaves and blossoms. The cypress vine, canary-bird flower, sweetpea, nasturtium, and the morning-glory in its many gorgeous hues, are well adapted to this garden ornament.

The American ivy, which can be had for the trouble of going to the woods or pasture after it in most localities at the north, is one of the best climbers we have, because it grows rapidly, is perfectly hardy, and is always beautiful. It is fine all through the summer because of its rich, bright, profuse foliage, and especially so during September and October, when it takes on all the brilliance any plant is capable of assuming. It is a blaze of crimson and scarlet and maroon for 2 or 3 weeks during late autumn, and one never tires of it because its colors are constantly changing as the season advances.

### CREEPERS.

The Clematis is a very desirable climber for summer blooming. It is best about the porch and the veranda, as it does not grow to a sufficient height to make it a desirable plant for locations where a greater height than 10 or 12 feet is desired. Its great, starry flowers are always sure to be admired, and they are truly lovely. It is also excellent for training over old stumps, fences, and arbors.

For places where the American ivy is too rampant a grower, the Japan ivy, or Ampelopsis Veitchii, is just what is wanted. It is a miniature variety of our native plant, but does not grow as luxuriantly. It reaches a great height in time, but it never throws out such riotous branches as the other does. It grows in a more dense and compact shape, clinging closer to the walls, and therefore much less likely to become loosened in heavy winds and rains, and come down in great masses which can never be put back in place satisfactorily, as is often the case with its American relative.

For the porch there is nothing better than the Honeysuckles, because they bloom all through the season, are beautiful and so fragrant.

#### ROCKERIES.

A rockery, if well constructed and placed in a proper position, should look like a charming bit of nature's architecture. If the

grounds are large this can be carried out to better advantage. A secluded nook should be selected, and the rockery constructed in the form of a terrace, with an opening at one end made purposely for ferns. A due regard should be given for good-sized crevices and pockets for the disposition of plants. Very pretty rockeries may be arranged against rustic walls to represent old ruins. The larger rocks, as a general thing, should be placed at the base, but an occasional large and angular stone may project here and there with good effect for some vagrant creeper to hang from. A massive piece of blue granite makes a good finish at the top for the support of some climber, the preference of which is invariably given to the American ivy.

The pockets should be filled with leaf mold, rich, light soils sandy loam, and soils adapted to the different species of plants which are intended to be grown in them.

Wood ferns, squaw-berry vine, trailing arbutus, robin-run-the-hedge, money-wort, old English ivy, Virginia creeper and the Alpine plants, are especially adapted for such purposes. They require light, sandy loam and peat, with abundant drainage. With this foundation of creepers laid it can then be embellished with delicate bloomers. The modest violet, lily of the valley, and the faithful forget-me-not, are worthy of the quiet nook. The dianthus, alpinus, saxifraga, sedum, and a host of others, are worthy of a place. The maiden-hair fern is an exquisite plant for the rockery, and a mingling of wild and cultivated ferns make a charming group, in connection with clusters of wild pansies. If the situation is cool and damp all these plants will thrive admirably.

#### TRELLISED WINDOWS.

Ornamental climbing and creeping plants should be employed to some extent in all kinds of gardening, as they furnish an element of grace differing widely from, and not attainable by, plants of a compact and self-supporting habit. Unquestionably most of these plants never appear to such advantage as when associated with rustic architecture, ruins—natural or artificial,—or a portion of

a garden broken up into banks and dells, with rock-work introduced as a characteristic feature.

The climbers most adapted for a trellised window, such as quick-growing ivies, morning-glories (convolvulus major), tall or running nasturtium, canary creeper, cobœa scandens, etc., are annuals, or must be treated as such for employment out of doors—



that is, they must be raised from seed annually; and the best way to secure an early, abundant, and continuous display of bloom, is to sow them in pots of nice soil in February or the beginning of March, giving them a warm position, and as soon as large enough put them singly into 5-inch pots; they will then be strong enough for planting out in May. When there is not the convenience for doing this, they may be sown out of doors, from the middle to the end of April, according to the weather.

They all want a nice light soil to start in when planted out or sown, and should have sunny positions and may be employed wherever floriferous climbing plants are desired.

Morning-glories, climbing-roses, Madeira vine, tobœa scandens, common woodbine, tall nasturtium, and such densely foliaged and full-flowering climbers require more space in planting than climbers that have scantier foliage, such as the cypress vine, canary creeper. etc.

### FERNS.

Within the last few years the exquisitely beautiful and graceful ferns have become quite a household favorite. This is not at all surprising, as, besides the great beauty of the plants and the facility with which they may be applied to household decoration, they are



very easily grown, and require but little attention when once the cases are gotten in good order.

Fern baskets look pretty hung over the plants, if the dimensions of the fern case admit it. They can be made in any conceivable design and look exceedingly beautiful when filled with low-growing ferns and drooping trailers. (See illustration.)

There are 3 essential conditions necessary in order that the culture of fern plants may be successful: namely, abundance of water, shade, and shelter. It is true that some varieties will flourish independently of some of these conditions, but when judiciously

combined they will admit of the successful cultivation of the whole species.

Most species of the ferns grown indoors are raised in Wardian cases. In starting a fernery, the first thing to be observed is laying a foundation of small pieces of rock mixed with charcoal in the bot-



A WARDIAN CASE.

tom; if the case is large enough to admit it, a small or tiny rockery may be placed in the center with good effect. It is maintained by good authority that equal parts of sand, loam, and leaf-mold is the proper soil for ferns. If woodland ferns are put in, they should have a generous portion of native soil left at the root. The fernery proper should have all wild things in it. The pretty partridge-vine, sanguinaria, hepatica, trailing arbutus, and lycopodium, all grow charmingly

in the fernery, and with the wild ferns and mosses make a happy family. The plants should have a sprinkling before the case is closed, and must be kept in a shady situation for several days. Fernery plants do not require frequent watering; once in every 3 or 4 weeks should be sufficient. As long as the glass has moisture on it, the plants require no water. If too much water be given, the plants will mold and die; these should be replaced with fresh ones.

Hardy ferns are found in various situations, and consequently require various modes of treatment. Some grow on rocks in exposed situations, others in boggy, moist ground; some grow on hedge-banks and in shady woods, whilst others, again, grow near waterfalls where the spray keeps them constantly moist. To succeed in cultivating all these in one place, an approximation must be made to the circumstances in which they are found wild.

The best time for potting is early in March; small plants may

be potted twice, the second time the first week in July. Ferns if they once get thoroughly dry will perish, therefore keep them constantly well watered, more especially when the pots are full of roots. Should they by any chance appear to be suffering severely from drought, take such and let them stand in a vessel of water that will cover the top of the pot for an hour or two. This will thoroughly wet every part of the ball, and often recover the plant.

# CHAPTER XXXVII.

# MISCELLANEOUS RECIPES.

# FLAVORING EXTRACTS, FRUIT-JUICES, ETC.

The following directions for the preparation at home of extracts, etc., may be relied upon. Of flavoring extracts put up for the general market, almond and peach are seldom pure, and are sometimes even poisonous. The other kinds are less liable to be adulterated.

To prepare vanilla, take I ounce fresh vanilla beans, cut fine, and rub thoroughly with 2 ounces granulated sugar, put in a pint bottle, and pour over it 4 ounces pure water, and 10 ounces 95 per cent. deodorized alcohol. Set in a warm place, and shake occasionally for 14 days.

To prepare lemon, cut in small pieces the rinds of 2 lemons, put in a 4-ounce bottle, and fill with deodorized strong alcohol, set in a warm place for I week; then put 2 drachms fresh oil lemon, 4 ounces deodorized strong alcohol, and the juice of ½ lemon, in a bottle of sufficient size to hold all; then strain in the tincture of lemon-peel.

To make orange extract, use the rind and oil of orange, as directed for lemon.

To make rose extract, put I ounce red rose leaves in I pint deodorized alcohol, let stand 8 days; press out the liquid from the leaves, and add it to ½ drachm otto of roses.

Oils must be fresh and pure, or the extract will have a turpentine taste; and always use deodorized alcohol.

For fruit juices, select clean, ripe fruit, press out juice, and strain it through flannel; to each pint juice, add 6 ounces pure granulated sugar; put in a porcelain kettle, bring to boiling point, and bottle while hot, in 2 or 4 ounce bottles.

Canned-fruit juice may be used in the same way. These juices

are a perfect substitute for brandy, wine, etc., in all puddings and sauces, etc.

To filter water and alcoholic solutions (not syrups), pass through filtering paper, folded in conical form, so as to set into a funnel (a ½-pint glass funnel is best). The paper is kept at all drug stores.

#### CEMENT.

Two parts, by weight, common pitch, and I part gutta percha, melted together in an iron vessel, makes a cement that holds together, with wonderful tenacity, wood, stone, ivory, leather, porcelain, silk, woolen, or cotton. It is well adapted to aquariums.

# CEMENT FOR CHINA.

Into a thick solution of gum arabic stir plaster of Paris until the mixture assumes the consistency of cream; apply with a brush to the broken edges of china and join together. In 3 days the article can not be broken in the same place. The whiteness of the cement adds to its value.

### CEMENT FOR RUBBER OR LEATHER.

Dissolve I ounce gutta percha in ½ pound chloroform. Clean the parts to be cemented, cover each with the solution and let them dry 20 or 30 minutes, warm each part in the flame of the candle, and press very firmly together till dry.

#### DIAMOND CEMENT.

Dissolve 13 ounces white glue in a glue-pot containing 1½ pints soft water; when the glue is dissolved, stir in 3 ounces white lead, and boil till well mixed; remove from the fire, and, when cool, add ½ pint alcohol; bottle immediately and keep well corked.

#### POSTAGE STAMP MUCILAGE.

Take 2 ounces gum dextrine, I ounce acetic acid, 5 ounces water. Dissolve in a water bath and add I ounce alcohol.

#### PASTE.

How many little things are left unmended for the want of some ready-made paste in the house. Liquid glue is often not strong enough to hold thick material together; but dextrine answers all purposes. It is very cheap, is mixed with cold water, and keeps better than paste till next wanted. Keeping some of the powder in the house and a special pot or jar for mixing, will be found most convenient. It can be made thick or thin, to suit what it is required for.

# LIME WATER.

One of the most useful agents of household economy, if rightly understood, is lime water. Its mode of preparation is as follows: Put a stone of fresh unslacked lime about the size of a ½-peck measure into a large stone jar or unpainted pail, and pour over it slowly and carefully (so as not to slacken too rapidly), 4 gallons hot water, and stir thoroughly; let it settle, and then stir again 2 or 3 times in 24 hours. Then bottle carefully all that can be poured off in a clear and limpid state.

USES.—It is often sold by druggists as a remedy for children's summer complaints, I teaspoon being a dose in I cup milk, and when diarrhœa is caused by acidity of the stomach, it is an excellent remedy, and when put into milk gives no unpleasant taste, but rather improves the flavor.

When put into milk that might curdle when heated, it will prevent its so doing, and can then be used for puddings and pies. A little stirred into cream or milk, after a hot day or night, will prevent its turning when used for tea or coffee.

It is unequaled in cleansing bottles or small milk vessels, or babies' nursing bottles, as it sweetens and purifies without leaving an unpleasant odor or flavor.

A cupful, or even more, mixed in the sponge of bread or cakes made over night, will prevent it from souring.

# TOLU CHEWING GUM.

Take 4 parts balsam tolu and 1 part each gum benzoin, white wax paraffine and powdered sugar. Melt together; mix well and roll into sticks.

#### CALCIMINE.

Take 4 pounds Paris white, put it in a pail, cover it with cold water and let it stand over night. Put into a kettle 4 ounces glue, and cover it also with cold water. In the morning set the glue on the stove, and add enough warm water to make I quart; stir it until dissolved. Add the glue to the Paris white, and pour in warm water till the pail is ¾ full; then add bluing, a little at a time, stirring it well until the mixture is slightly bluish. Use a good brush, and go over one spot on the wall till it is thoroughly wet. If your brush dries quickly, add more warm water, as the mixture is too thick. The brush must be kept wet.

#### EXCELLENT WHITEWASH.

Sixteen pounds Paris white and ½ pound glue. The glue should be covered with cold water at night and in the morning heated without scorching until dissolved. The Paris white is stirred into hot water to give it the proper consistency for applying to walls, and the dissolved glue is then added and thoroughly mixed. It is applied with a brush like the common lime whitewash. Except on very dark and smoky walls, a single coat is sufficient.

#### TO KEEP CIDER.

Allow 3/4 pound sugar to I gallon, the whites of 6 eggs, well beaten, I handful common salt. Leave it open until fermentation ceases, then bung up. This process a dealer in cider has used for years, and always successfully.

Another Recipe.—To keep cider sweet allow it to work until it has reached the state most desirable to the taste, and then add 1½ tumblers grated horse-radish to each barrel, and shake up well. This arrests further fermentation. After remaining a few weeks, rack off and bung up closely in clean casks.

A Holland Recipe.—To I quart new milk, fresh from the cow, add ½ pound ground black mustard-seed and 6 eggs. Beat the whole well together, and pour into a barrel of cider. It will keep cider sweet for a year or more.

# JETTINE, OR LIQUID SHOE BLACKING.

Water-Proof and Does Not Soil Ladies' White Dresses.—One quart alcohol, ½ pound gum shellac, camphor gum size of a hen's egg I ounce lamp black. Break up the shellac finely and put into a bottle with the alcohol, keeping in a warm place and shaking 12 times daily till dissolved; then break up the gum camphor and put in, and when dissolved add the lamp black, when it is ready for use. Apply with a sponge fastened with wire to the cork. The camphor prevents the cracking of the varnish. It may be applied to anything requiring a black finish.

# GARMENTS MADE WATERPROOF.

A correspondent to an English paper, says: For many years I have worn India rubber waterproofs, but I will have no more, for I have learned that good Scotch tweed can be made entirely impervious to rain; and moreover, I have learned how to make it so, and the following is the receipt: In 1 bucket water put ½ pound sugar lead and ½ pound powdered alum; stir this at intervals until it becomes clear, pour it off into another bucket and put the garment therein, and let it be there 24 hours and then hang it up to dry, without wringing it. Two of my party, lady and gentleman, have worn garments thus treated in the wildest storms of wind and rain, without getting wet. The rain hangs upon the cloth in globules. In short, they are really waterproof. The gentleman a fortnight ago walked 9 miles in a storm of rain and wind, such as you seldom see in the south, and when he slipped off his overcoat his underwear was as dry as when he put it on.

# TO PREVENT MILDEW.

Dissolve 4 ounces powdered alum and  $4\frac{1}{2}$  ounces sugar of lead in 3 gallons water; allow it to stand long enough to settle, then pour off the clear part and add 2 drachms isinglass, which has previously been dissolved in a little warm water. Steep the goods in this and dry without wringing. A fine thing for awnings, tents, or any goods exposed to the weather.

#### TO PREVENT RUST.

To prevent metals from rusting, melt together 3 parts lard and 1 of rosin, and apply a very thin coating. It will preserve Russia iron stoves and grates from rusting during summer, even in damp situations. The effect is equally good on brass, copper, steel, etc. The same compound forms an excellent waterproof paste for leather. Boots, when treated with it, will soon after take the usual polish, when blacked, and the soles may be saturated with it.

To Preserve Steel Articles from Rust. — Paint the articles over with white beeswax dissolved in benzole. The benzole rapidly evaporates, leaving the steel covered with a thin coating of the wax. As the solution is very volatile it should be kept in a bottle tightly corked.

To Remove Rust from a Stovepipe.—Rub with linseed oil (a little goes a great way); build a slow fire till it is dry. Oil in the spring to prevent rusting.

#### FROSTING FOR WINDOWS.

To shut out a disagreeable view from a back window, the glass may be rendered ornamental, and the obnoxious objects shut out, by a very simple plan, which makes a fair imitation of ground glass. By washing the glass over with a hot saturated solution of epsom salts, or sal-ammoniac, or Glauber's salts, or blue stone, very beautiful effects of crystallization can be obtained by which the above purpose is served and the window has also a very ornamental appearance. By a saturated solution is meant one containing as much of the salt as the water will dissolve. The solution must be applied while hot and with a brush.

#### BLACK TRACING PAPER.

Rub smooth a little lampblack and mix with sweet oil. Paint over the paper, and dab it dry with a fine piece of linen. Put this under the pattern, and upon the material to which you wish the pattern transferred, and go over the lines with a hard point of wood or metal. If you wish it, the transferred lines may be fixed

by using a pen with a kind of ink composed of a little stone-bane well mixed with water in a cup, with a small piece of sugar added to it.

#### SYMPATHETIC INK.

One of the best known kinds of sympathetic ink consists of a weak solution of chloride or nitrate of cobalt. Writing executed with such a solution is invisible until warmed, when it appears green or bluish, disappearing on exposure to moist air.

# BLACK INK, FOR WRITING AND COPYING.

Inks made from the nut galls alone as the coloring agent are not as good a black as those made with the addition of logwood chips; hence we say: One oz. logwood chips, 3/4 lb. nut galls in coarse powder, 3 ozs. purified copperas, 1/2 oz. acetate of copper (verdigris), 3 ozs. pulverized sugar and 4 ozs. gum Arabic, I gal. soft water. If not to be used as a copying ink no sugar need be used and only 2 or 3 ozs. of the gum Arabic to hold the colors suspended in the ink else they settle. Boil the logwood chips in the water for I or 2 hours, or as long as a woman would boil it for coloring; when cool, strain, making up for evaporation with more hot water; bruise the best blue galls coarsely and put over the fire again till it begins to boil, adding the other articles and set away until it acquires the desired blackness, strain and bottle for use.

### FOOD FOR HENS.

Take a piece of fresh meat, coarse beef, liver, or even blood, about I pound, and boil it in ½ gal. water until it falls to pieces, adding more water as it is evaporated, so that there shall be this quantity when it is sufficiently boiled. While boiling, add ½ pint soaked beans, the same of rice, and the same of oil-cake or linseed meal. When the whole is cooked, add a little salt, and thicken with 2 parts oatmeal, I of bran, I of middlings, and I of cornmeal. Make it of the consistency of stiff dough. If milk be plenty, it may be added either as curds, buttermilk, or in any other shape. When boiling, add I teaspoon common bread soda to the water.

This food may be cooked in the form of cake, and crumbled for the fowls, or it may be fed in the soft state. One tablespoon is a sufficient ration for a hen.

Another good mess is to chop clover and steep it over night in boiling hot water. In the morning, letting the water come to a boil, add fresh blood at the rate of I quart to I gallon water, and then thicken with meal, etc., as before. Condiments, such as cayenne pepper, ginger, etc., may be sparingly added. All soft poultry foods should be salted to taste, as salt is as necessary to poultry as to stock, and so is an abundance of clean drinking water.

### GARDENING IN A HOGSHEAD.

Bore holes in rows around a hogshead, at regular intervals, 6 inches apart; fill the hogshead with earth, and set a strawberry plant in each one of the holes, beside putting a number of plants on top. There can be 100 plants growing from the sides of this novel garden.

# SACHET OR PERFUME POWDER.

One ounce lavender flowers, 2 drachms pulverized orris, ½ ounce bruised rosemary leaves, 5 grains musk, 5 drops attar of rose; mix well, sew up in small flat muslin bags, and cover them with fancy silk or satin.

# ROSE JAR.

An old recipe, warranted to be good, and which calls for great care in the gathering of the leaves. It is said to remain fragrant in open bowls for 2 years if occasionally stirred, but in the closed pot-pourri it will remain fragrant much longer. Pluck the rose leaves early in the morning; with them have an equal quantity of lavender blossoms, and put them all in a large earthenware bowl; add ½ pound crushed orris root, and then to every 2 pounds add 2 ounces each of bruised cloves, cinnamon, allspice and salt; let the whole stand for about 2 weeks, thoroughly mixing it every day with your hands, and then it will be ready for use. As pot-pourris are charming gifts, it will be wise to arrange a number in order that one's city friends may have odors of the land of roses.

# CHAPTER XXXVIII.

# MANY USES OF COMMON THINGS.

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If, in this closing chapter of the book, the good old saying of keeping the "best till the last" is not illustrated, it is the belief of the writer that those who use the QUEEN OF THE HOUSEHOLD will find it "one of the best."

There are many times in life when it is better to know considerable about the common things at hand than it is to know a little about a great many things that are out of reach. It is hoped that this chapter may be found useful in giving information on articles common in the household.

# THE USES OF AMMONIA.

#### IN THE KITCHEN.

A few drops of ammonia in water will take off grease from dishes, pans, etc., does not injure the hands as much as the use of soda and strong chemical soaps. A spoonful in a quart of warm water for cleaning paint, makes it look like new, and so with everything that needs cleaning.

No articles in kitchen use are so likely to be neglected and abused as the dish-cloths and dish-towels; and in washing these, ammonia, if properly used, is excellent. Put a teaspoonful into the water in which these cloths are washed; rub soap on the towels. Put them in the water; let them stand half an hour or so; then rub them out, rinse, and dry out-doors in clear air and sun.

### IN THE LAUNDRY.

Spots on towels and hosiery will disappear with little trouble if a little ammonia is put into enough water to soak the articles, and they are left in it an hour or two, or over night, before washing. If the color has been taken out of silks by fruit stains, ammonia will usually restore the color.

When acid of any kind gets on clothing, spirits of ammonia will kill it. Apply chloroform to restore the color.

Grease spots may be taken out with weak ammonia in water; lay soft white paper over and iron with a hot iron.

Equal parts of ammonia and turpentine will take paint out of clothing, even if it be hard and dry. Saturate the spot as often as necessary, and wash out in soap suds.

Flannels and blankets may be soaked in a pail of water containing I tablespoon of ammonia and a little suds. Rub as little as possible and they will be white and clean, and will not shrink.

#### AS A FERTILIZER.

When employed in washing anything that is not especially soiled, use the waste water afterward for the house plants that are taken down from their usual position and immersed in the tub of water. Ammonia is a fertilizer, and helps to keep healthy the plants it nourishes.

### ALL AROUND THE HOUSE.

One or 2 tablespoons ammonia added to a pail of water will clean windows better than soap.

A few drops in a cup of warm water, applied carefully, will remove spots from paintings and chromos.

Old brass may be cleaned to look like new by pouring strong ammonia on it, and scrubbing with a scrub-brush, rinse in clear water.

Keep nickel, silver ornaments and mounts bright by rubbing with woolen cloth saturated in spirits of ammonia.

A dark carpet often looks dusty soon after it has been swept, and you know it does not need sweeping again; so wet a cloth or a sponge, wring it almost dry, and wipe off the dust. A few drops of ammonia in the water will brighten the colors.

## FOR THE TOILET.

If those who perspire freely, would use a little ammonia in the water they bathe in every day, it would keep their flesh sweet and clean, doing away with any disagreeable odor.

For cleaning hair-brushes it is excellent; put I tablespoon into the water, having it only tepid, and dip up and down until clean; then dry with the brushes down, and they will be like new ones.

### AS A REMEDY.

Ammonia, applied 2 or 3 times on a fresh cold-sore, will kill it. It will drive it away if used when the cold-sore is first felt.

One-half teaspoon taken in ½ tumbler water is excellent for faintness. It is also beneficial for nervousness, headache and heart trouble.

For toothache see "Toothache" in Diseases and Home Remedies.

# USES OF BORAX.

#### FOR THE TOILET.

Owing to its softening qualities borax is a desirable agent for toilet use. It does not injure the complexion: is cleansing and healing, and as one writer puts it, "women could better lose all other cosmetics than do without borax," and a box of it in powdered form should be in every well-ordered home.

For washing the face and hands, a little of the powder may be put into the water, or a saturated solution may be made by putting into a bottle of water all the borax it will dissolve, and then putting enough of the solution into the water to render it soft and velvety. For open pores in the chin or nose, and for a greasy skin dissolve ½ teaspoon borax in 1 cup of hot water, and use as a lotion hot. The result will please. For pimply skin, for freckles, for a red nose, or for blemishes of the skin the hot application is beneficial. In some form borax should be an adjunct to every traveler's outfit.

Equal parts of borax and precipitated chalk makes a good powder for shiny faces, and the solution may be combined with lemon juice—juice of I lemon to I pint of the solution—or with cologne, rose or orange water, in equal parts with good results, for sunburn, freckles and facial blemishes.

For weak or inflamed eyes a solution made by dissolving I teaspoon borax in I pint soft water has been found efficacious. Apply several times a day with clean fingers, allowing the lotion to dry on the eyes.

The scalp and hair needs an occasional cleansing, and for this borax and water is excellent. After it has been well shampooed, wash it thoroughly with clear water, dry the hair and scalp well. Make the solution rather weak, and if the head is not naturally oily, a little cocoanut oil, or vaseline, can afterward be rubbed into the scalp.

A good pinch of borax in ½ glass of warm water, makes a good wash for the mouth and teeth, or the powder can be sprinkled on the tooth-brush and used in the usual way.

As an accompaniment for the bath borax has come to stay. It cleanses, heals and removes odors of perspiration. Two or three tablespoons of the powder may be dissolved in the bath water, or the solution may be added until the water feels soft. When you have done this take your bath and be happy. It leaves the skin soft, delicate and clear.

#### FOR THE LAUNDRY.

It is only of late that people have become sufficiently acquainted with the detersive and purifying qualities of borax to use it in the laundry. It is not as trying on colors as soda, nor as corrosive to the fabric. For laces, muslins, ribbons and woolens it is par excellence. A tablespoonful for a gallon of water is about the right amount for general use. For washing where soap is used perhaps: a generous handful to 8 or 10 gallons water will answer.

One writer says the addition of I ounce borax to I pound soap, melted in without boiling, will save half the cost of soap, three-quarter the labor of washing, and leave the clothes in a much improved condition.

When starching clothes add I or 2 teaspoons borax to each pint boiling starch, or use a like quantity in the water you use to make the starch, and the result will be improved stiffening and a much better finish.

#### FOR THE KITCHEN.

For all uses in the kitchen when cleanliness is the object borax is good. For washing dishes, tin and iron-ware, windows, cleaning paint and sinks the addition of borax will prove a great help. It is also good for washing marble, alabaster, gold and silver-ware. It is a foe to dirt and disease germs, hence can be used freely.

#### MEDICINAL USES OF BORAX.

A little powdered borax, snuffed up the nostrils at night only, is good for catarrh in the head, and a little applied to canker spots in the mouth is said to heal them speedily. It is also good for infant's sore mouth, stings and bites of insects, or prickly heat. A bit like a small pea, dissolved in the mouth and swallowed, allays coughs and throat irritation and clears the voice.

A solution of borax and salt water is recommended to lave the mouths of children in families where there is diphtheria as a preventive, and a strong solution, say I tablespoon in ½ pint water, of borax and hot water applied three times a day will cure ringworms. The same solution is good to clean sponges and babies' nursing bottles. For bunions and burns saturate soft linen with a solution of borax and bind on.

#### MISCELLANEOUS USES.

For preserving meat borax is much used. Fresh meat can be preserved for weeks by dusting it over with powdered borax and then rubbing it in thoroughly. Wash it just before using. Hams and bacon will not be troubled by flies if borax finely powdered be carefully applied. Large quantities of fish from Norway and meats from Argentine Republic are preserved fresh in this way and sold in the markets of London.

As an insecticide borax takes a front rank. Ants, cockroaches, croton bugs, bed bugs, lice and slugs on trees all disappear before a vigorous use of it in some form.

Sprinkle the dry powder for house pests, and use the solution on trees. Blankets and furs put away well dusted with the powder are said to be free from the ravages of the moth.

# USES OF KEROSENE OIL.

#### FOR LAUNDRY WORK.

For laundry work oil is becoming well known. The clothes are put to soak over night in warm soap suds. In the morning clean water is put in the boiler and to it is added a bar of any good kind of soap, shred fine, and 2½ tablespoons kerosene oil. The clothes being wrung from the suds, the finest and whitest go into the scalding water in the boiler and are boiled twenty minutes. When taken from the boiler for the next lot, they are sudsed in warm water, collars, cuffs and seams being rubbed if necessary. Rinsed and blued as usual, they will come forth beautifully soft and white. Knit woolen underwear, woolen socks, etc., may safely be washed in this way.

The secret of washing successfully by this method is the use of plenty of soap and warm water to suds the clothes. If too little soap be used the dirt will "curdle" and settle on the clothes in "freckles."

One teaspoon of oil added to I quart of made starch, stirred in while it is hot, or added to the starch before the hot water is poured upon it, will materially lessen the labor of ironing and will give to clothes, either white or colored, especially muslins and other thin wash goods, a look of freshness and newness not to be otherwise attained.

For cold starch add I teaspoon oil for each shirt to be starched. Rub the starch well into the article, roll up tightly, and leave it for three-fourths of an hour, then iron.

To remove paint from any kind of cloth, saturate the spot with kerosene and rub well; repeat if necessary.

To remove fruit stains, saturate the stain with kerosene, rub thoroughly with baking soda and leave in the sun.

#### ALL AROUND THE HOUSE.

To clean windows and mirrors, add I tablespoon kerosene oil to I gallon of tepid water. A polish will remain on the glass that no mere friction can give.

If windows must be cleaned in freezing weather use no water at all. Rub them with a cloth dampened with kerosene; dry with a clean cloth and polish with soft paper.

A few drops of kerosene added to the water in which lamp chimneys are washed will make them easier to polish.

To break a glass bottle or jar evenly, put in a narrow strip of cloth, saturated with kerosene, around the article where it is to be broken. Set fire to the cloth and the glass will crack off above it.

Tarnished lamp burners may be rendered almost as bright as new by boiling them in water to which I teaspoon soda and a little kerosene have been added. Rub with scouring brick and polish with chamois or soft leather.

To clean iron work rub with a cloth dampened with kerosene.

To prevent rust on stoves put away for the season, black them before putting away with blacking, diluted with kerosene, or rub them thoroughly with kerosene alone.

To clean zinc, oilcloths and white paint rub them with a cloth dipped in kerosene, and dry with a clean cloth.

To clean brass stair rods, brass bedsteads and other brasses, rub with kerosene and rotten stone put on with a soft cloth, and polish with a dry cloth, soft paper or chamois.

To remove rust from kettles or other ironware, rub with kerosene, and let them stand. Keep a day, then wash with hot water and soap; repeating if necessary.

To remove rust from flatirons, soak them in, or rub them with kerosene, and polish with scouring brick.

To remove rusty screws, drop kerosene upon them; in a few minutes they can be moved.

To take rust from steel implements, cover with kerosene for forty-eight hours, then scour with air-slacked lime until the stain disappears.

To renew woodwork and furniture rub with kerosene and then with linseed oil.

To renovate black walnut furniture, varnish with black varnish, plentifully diluted with kerosene.

To soften leather hardened by repeated weltings, rub it well with kerosene.

To clean a sewing or other machine, oil all the bearings plentifully with kerosene, operate the machine rapidly for a moment, rub the oil off and apply machine oil.

#### AS A REMEDY.

To remove dandruff, rub kerosene well into the roots of the hair; the dandruff can then be combed or washed out easy.

To make the hair grow, apply kerosene to the roots of the hair twice each week, rubbing in well with the tips of the fingers. This will often produce a growth of hair when all other means fail.

To relieve chilblains, soak the feet in hot water and rub them with kerosene, or with kerosene and lime water.

To relieve calloused feet, rub them frequently with kerosene. To relieve the pain of rheumatism, rub the afflicted joint with kerosene.

Kerosene poured on red flannel and bound on the throat will greatly ease a sore throat.

### USES OF SALT.

#### · IN THE KITCHEN.

To cool earthenware or glass quickly, place the article in cold salt water.

When broiling steak throw a little salt on the coals and the blaze from the dripping fat will not annoy.

If a bright, clear fire is quickly desired, it may be readily obtained by throwing salt upon the coals.

Damp salt will remove the discoloration of cups and saucers caused by tea and careless washing.

One teaspoon salt put into a kerosene lamp, will improve the quality of the light.

Salt in whitewash adds to its sticking properties. Salt and vinegar will beautifully clean the mica in stove doors.

Brasswork can be kept beautifully bright by occasionally rubbing with salt and vinegar.

Salt dissolved in alcohol, gin, or ammonia, will take out grease spots.

#### IN THE LAUNDRY.

When washing black articles, it is well to add quite a bit of salt to the water; it will tend to set the colors, and prevent them running.

Remove iron rust or ink spots by moistening the spots with salt and cream of tartar, or salt and lemon-juice, exposing to full heat of the sun.

Mildew may be removed by rubbing common yellow soap on it, then salt and starch over that; rub all in well and lay in the bright sunshine.

#### FOR CARPETS AND FURNITURE.

When wiping up the floor before putting the carpet down sprinkle it all over with salt while damp. This will greatly prevent moths.

One can make a carpet look much cleaner and brighter if, just before sweeping, she would throw some damp salt upon it; or after a carpet has been swept, wipe it over with a cloth or sponge wrung out of clean salt water; this will remove that dusty look which so soon gathers on freshly swept carpets, and will brighten the colors. A cupful of coarse salt to a basin of water is the right proportion.

If ink is spilled on the carpet, throw a quantity of salt on it, which will quickly absorb the ink; take this up, and put on more salt. Keep repeating this, rubbing it well into the ink spot until the ink is all taken up by the salt, then brush the salt out of the carpet.

Salt and water will thoroughly clean straw matting and willow furniture that have not been stained or colored.

#### TO KILL WEEDS.

For troublesome weeds, and for grass in sidewalks, driveways, etc., apply a dressing of coarse salt; this will kill all growth. Be careful not to put it on anything that should not be destroyed, however.

Used in moderate amount as a farmer sows seed salt acts as a fertilizer, and is a valuable one. It can be sowed separate or mixed with ashes or land plaster.

#### FOR MEDICINAL USES.

For weak eyes a wash of weak salt and water will prove of much benefit.

Salt as a tooth-powder is better than almost anything that can be bought. It keeps the teeth brilliantly white and the gums hard and rosy.

Not all the tonics of the hairdresser's will do your hair half the good, if it manifests a tendency toward falling out, that a daily scalp bath of strong salt and water will.

Salt-water baths are an excellent tonic; taken warm they are delightfully refreshing when one is heated or tired, and taken cold they are the best preventive in the world of too great susceptibility to colds. One delicate woman, who used to insist that she "caught a cold on coming into the world and had never been without one since," became as indifferent to damp and draughts as a sailor, after a year's trial of salt baths.

If the feet are tired or painful after long standing, great relief can be had by bathing them in salt water. A handful of salt to a gallon of water is the right proportion. Have the water as hot as can be comfortably borne. Immerse the feet and throw the water over the legs as far as the knees with the hands. When the water becomes too cool rub briskly with a flesh towel. This method, if used night and morning, will cure neuralgia of the feet.

One teaspoon salt dissolved in  $\frac{1}{2}$  glass water is excellent to allay nausea in sick headaches.

To relieve heartburn drink  $\frac{1}{2}$  tumbler cold water in which has been dissolved I tablespoon salt.

If, after having a tooth pulled, the mouth is filled with salt and water, it will allay the danger of having a hemorrhage.

For stings or bites from any kind of insect apply dampened salt, bound tightly over the spot. It will relieve, and usually cure very quickly.

For those who have sensitive gums, inclined to bleed on the slightest provocation, a mouth wash of salt and cold water used once or twice a day will harden the gums and prevent soreness.

Salt is good for the stomach. A pinch of it in hot water, taken either just before or just after a meal, is a valuable aid to digestion, and a cupful of very hot salt water will sometimes quiet the most persistent nausea.

If the throat is very sore wring a cloth out of cold salt and water, and bind it on the throat tightly when going to bed; cover it with a dry towel. This is excellent.

For neuralgia make a small muslin bag, fill it with salt, heat it very hot and lay it against the aching place. It will prove a great relief, as salt retains the heat a long time.

Heated dry and applied to the outer surface over the seat of inflammation or congestion, it will give almost instant relief, while applications of a strong, hot solution of salt, in water or vinegar, acts like magic upon toothache, earache, neuralgic headache, and all that brood of distressing ills.

For catarrh snuff up considerable salt and water from the hollow of the hand every morning. Salt and water, used as a gargle just before going to bed, strengthens the throat and helps to prevent bronchial troubles; it is also excellent for sore throat.

For hay fever, and those other slighter forms of nasal sensitiveness that induce a constant sneezing, there is no remedy more quickly palliative, and often curative, than the vapor of heated salt and alcohol. Put both in a tin vessel and heat over a flame. When there is a good showing of vapor place the vessel underneath a covering that envelops the head as well, and inhale the vapor through both nose and throat. For influenza and ordinary colds this treatment is also excellent.

But there is one caution to offer. However beneficial the therapeutic action of salt may be, there is no question but salt taken into the system with the food in too great quantities is extremely harmful. Too much salt in the system dries up the blood and the healthy moisture of the membranous surfaces, and is evidenced by a dead yellow pallor of the skin, with a blanching of the lips and cheeks and a morbid craving for the condiment which nothing but its use in enormous quantities will satisfy.

#### USES OF SODA.

#### IN THE KITCHEN.

A housekeeper of many years' experience states that she is convinced that most ladies do not know the value of soda as a help to economy in housekeeping. It is a great aid to cleanliness, in that respect saving soap. Acid fruits, such as cranberries, gooseberries, plums, prunellas and rhubarb, require almost an unlimited amount of sugar, much of which can be saved by stirring in, before sweetening, a little soda—as a general rule about ½ teaspoon to I quart of fruit. A little soda put into the water in which you boil vegetables and tough meats will make them tender and sweet and hasten cooking. Ham should be parboiled in soda water, taken out, washed and scraped well, and then finished by boiling in clear water; this method makes it sweeter and more tender than the ordinary way. In warm weather meat may be freshened by washing in cold soda water before cooking. If slightly tainted this treatment will effectually cure it.

It is not only a saver of soap, but more cleanly, readily removing grease from dishes, tinware and sinks. When added to dishwater no soap is needed, and you have no suds or greasy rim around the dishpan.

For scouring and brightening table and kitchen knives use soda, with or without ordinary brick dust.

To polish silver or tinware apply soda. If stains are bad use soda moist.

Soda in warm water and soapsuds will clean and brighten lampchimneys that have become dingy or stained by smoke.

Marble can be scoured with whitening and soda and a damp cloth. The water-closet, kitchen-sink and laundry-tubs can be kept sweet and clean with a generous use of soda and hot water.

The odor can be removed from a glass bottle or earthen vessel by filling it with cold water in which soda has been dissolved. Let it stand open in an airy place for a few days, changing the water each day.

When the butter fails to come after the customary amount of churning I teaspoon soda will be found to expedite matters.

#### FOR THE LAUNDRY.

To bleach cotton cloth, take I large tablespoon soda and I pound chloride lime for 30 yards; dissolve in clean water; rinse the cloth thoroughly in cold soft water that it may not rot. That amount of cloth may be bleached in 15 minutes.

Soda moistened in milk or soapsuds will remove fruit or teastains on table-linen or napkins.

It may be well to bear in mind that for common cleaning purposes the kind known as washing or sal-soda will answer all purposes, but for the toilet, cooking or medicinal uses baking or bi-carbonate soda should be used.

Fancy long plumes on ladies' hats can be washed beautifully in a weak solution of soda, squeezed out with the hands and dried in corn starch; curled up again they look like new. Also delicate laces can be cleaned in like manner.

White fur boas will look fluffy and pretty as ever if washed carefully in warm water and soda.

Flowers may be kept fresh for a long time by putting a pinch of soda into the water in which they are held. They should not be gathered while the sun is shining upon them, but early in the morning or after the sun has gone down for an hour.

#### FOR THE TOILET.

For freckles, sunburn or eruptions on the face frequent washing with a strong solution of soda is recommended.

When bathing, ½ pound to I pound and upwards of soda should be dissolved with hot water in the tub. The mild alkali in the soda neutralizes the acids coming through the pores. It makes the water exceedingly pleasant, and the skin will be as soft as down.

As a dentifrice for the teeth soda is recommended as it neutralizes the acids which secrete themselves around the teeth preventing thus their decaying effect. Use with a brush same as tooth-powder or dissolve in water. Try it for toothache. A wad of cotton saturated with a strong solution and placed in the tooth is recommended.

To clean jewelry, put in a flannel bag with soda and shake freely, or let it remain and it will become bright and clean.

To clean hair brushes and combs, dissolve a tablespoon soda in a pan of warm water, dip in the comb and rub it through the brush; then rub the brush-bristles with another brush or with the hand; then place in the sun or by the fire to dry.

#### AS A REMEDY.

For headache or sour stomach the effect of soda is apparent instantly, by taking a little dissolved in water.

When the patient is feverish, wash the skin in warm water and soda.

If an odor arises from excessive perspiration, use I teaspoon to I pint hot water.

If the food distresses the stomach give  $\frac{1}{2}$  teaspoon soda in I wineglass milk.

If you wish to keep gruels or milk in the sick-room, put in a pinch of soda to keep them sweet.

After washing out the baby's bottle, let it stand in soda-water before using again.

If your face looks red and shiny in warm weather, bathe it in hot water and I teaspoon soda.

Applications of hot water and soda will cure piles and other inflammations of the rectum.

If the hair smells sour and feverish, wash it in cool (not too cool) water, with  $\frac{1}{2}$  spoon soda to 1 quart water. Dry thoroughly and rub in a little bay-rum.

One tablespoon soda in I glass water, used as a gargle and to thoroughly rinse the mouth, will prevent gums from ulcerating, cure ulcerated ones, and also cure toothache.

For hives or eczema it gives a most cooling and comfortable feeling, relieving the patient almost instantly from the irritating itch which always accompanies those maladies. For a good wash dissolve I ounce soda in I quart water.

For burns and scalds make a paste of soda and water; apply and keep wet cloths over it.

# CHEMICAL NOMENCLATURE.

# COMMON NAMES.

# CHEMICAL NAMES.

Aqua Fortis	Nitric Acid.
Blue Vitriol	. Sulphate of Copper.
Cream of Tartar	. Bitartrate of Potassium.
Calomel	. Chloride of Mercury.
Chalk	. Carbonate Calcium.
Salt of Tartar	. Carbonate of Potassa.
Common Salt	. Chloride of Sodium.
Copperas, or Green Vitriol	. Sulphate of Iron.
Corrosive Sublimate	. Bi-Chloride of Mercury,
Diamond	. Pure Carbon.
Dry Alum	. Sulphate Alluminum & Potassium.
Epsom Salts	Sulphate of Magnesia.
Galena	. Sulphide of Lead.
Glauber's Salt	.Sulphate of Sodium.
Glucose	Grape Sugar.
Iron Pyrites	. Bi-Sulphide Iron.
Laughing Gas	. Protoxide of Nitrogen.
Lime	. Oxide of Calcium.
Lunar Caustic	Nitrate of Silver.
Nitre or Saltpetre	. Nitrate of Potash.
Oil of Vitriol	. Sulphuric Acid.
Potash	Oxide of Potassium.
Red Lead	.Oxide of Lead.
Rust of Iron	.Oxide of Iron.
Salamoniac	. Muriate of Ammonia.
Soda	.Oxide of Sodium.
Spirits of Hartshorn	. Ammonia.
Spirit of Salt	. Hydro-Chloric, or Muriatic Acíd.
Stucco, or Plaster of Paris	Sulphate of Lime.
Sugar of Lead	Acetate of Lead.
Verdigris	. Basic Acetate of Copper.
Vinegar	. Acetic Acid (Diluted).
Water	Oxide of Hydrogen.
White Vitriol	. Sulphate of Zinc.

# DICTIONARY OF TERMS USED IN COOKING

ASPIC.—A savory jelly for cold dishes.

ATELET.—A small silver skewer.

AU BLEU.—A French term applied to fish boiled in white wine with flavors.

Au GRAS.—Dressed with meat gravy.

AU GRATIN.—Dishes prepared with sauce and crumbs and baked.

Au Jus.—In the natural juice or gravy.

AU NATUREL.—Plain, simple cookery.

BABA.—Very light plum-cake, or sweet French yeast cake.

BAIN-MARIE.—An open vessel which has a loose bottom for the reception of hot water. It is used to keep sauces nearly at the boiling point without reduction or burning.

BARDE.—A thin slice of bacon fat placed over any substance specially requiring the assistance of fat without larding.

BATTERIE DE CUISINE.—Complete set of cooking apparatus.

BAVAROISE A L'EAU.—Tea sweetened with syrup of capillaire, and flavored with a little orange-flower water.

BAVAROISE AU LAIT.—Made in the same way as the above, but with equal quantities of milk and tea.

BECHAMEL.—A rich white sauce made with stock.

BEIGNET OR FRITTER.—(See Fritter).

BISQUE.—A white soup made of shell-fish.

BLANC.—White broth used to give a more delicate appearance to the flesh of fowl, lamb, etc.

BLANCH.—Placing anything on the fire in cold water until it boils, and after straining it off, plunging it into cold water for the purpose of rendering it white. Used to whiten poultry, vegetables, etc.

BLANQUETTE.—A fricassee usually made of thin slices of white meat, with white sauce thickened with egg yolk.

BLONDE DE VEAU.—Double veal broth used to enrich soups and sauces.

BOUDIN.—A delicate compound made of quenelle forcemeat

BOUILLIE.—A French dish resembling that called hasty pudding.

BOUILLON.—A clear soup, stronger than broth, yet not so strong as consomme, which is still more reduced.

BOUQUET OF HERBS.—Parsley, thyme, and green onions tied together.

BOUQUET GARNI.—The same thing as fagot, which see.

BOURGUIGNOTE.—A ragout of truffles.

Braise.—Meat cooked in a closely-covered stew-pan to prevent evaporation, so that the meat retains not only its own juices, but those of any other articles, such as bacon, herbs, roots and spice put with it.

BRAISIERE.—A sauce-pan with ledges to the lid, so that it will contain firing.

BRIDER.—To truss fowls with a needle and thread.

BRIOCHE.—A sponge cake similar to Bath buns.

BUISSON.—A cluster or bush of small pastry piled on a dish.

CALLIPASH.—The glutinous portion of the turtle found in the upper shell.

CALLIPEE.—The glutinous meat of the turtle's under shell.

CANNELONS.—Small rolls or collars of mincemeat, or of rice and pastry with food.

CAPILOTADE.—A hash of poultry.

CASSEROLE.—The form of rice to be filled with a fricassee of white meat or a puree of game; also a stew-pan.

CIVET.—A dark, thickish stew of hare or venison.

COMPIEGNE.—Sweet French yeast cake, with fruit.

COMPOTE.—Fruits stewed in syrup. There are also compotes of small birds.

CONFITURES.—Sweetmeats of sugars, fruits, syrups, and essences.

CONSOMME. — Strong, clear soup obtained by stewing meat for a considerable length of time, or can be made by boiling down *bouillon* till very rich.

COULIS. — A rich, smooth gravy used for coloring, flavoring and thickening certain soups and sauces.

CROQUETTES.—A savory mince of fish, meat, or fowl, made with a little sauce into various shapes, rolled in egg and bread-crumbs, and fried crisp.

COURONNE, EN.—To serve any prescribed articles on a dish in the form of a crown.

CROUSTACLES.—Also known as Dresden patties. They are composed of mince encased in paste, and moulded into various forms.

CROUSTADES.—Fried forms of bread to serve minces or other meat forms.

CROUTON. — A sippet of bread fried, and used for garnish.

CUISINE MASQUEE.—Highly seasoned or unusually mixed dishes.

Cuisson.—Method of cooking meats, or the liquor in which they have been boiled.

DARIOLE. — A sweet pate baked in a mold.

DAUBE. - Meat or fowl stewed in sauce.

DAUBIERE.—An oval stew-pan.

DEJEUNER A LA FOURCHETTE. —Breakfast with meats, wines, etc.

DESOSSER.—To bone.

DORURE.—Yolks of eggs well beaten for covering meats and other dishes.

ENTREE.—A corner or accompanying dish for the first course.

ENTREMET.—A side-dish for the second course.

ESCALOPES.—Collops.

ESPAGNOLE.—A rich brown Spanish sauce.

FAGOT.—A small bunch of parsley and thyme tied up with a bay-leaf.

FARCE.—Forcemeat.

FEUILLETAGE.—Puff paste.

FINANCIERE.—An expensive, highly flavored, mixed ragout.

FLAMBER.—To singe fowl or game after picking.

FLAN.—A French custard.

FLANCS.—The side-dishes of large dinners.

FONCER.—To put in the bottom of a sauce-pan thin slices of veal or bacon.

FONDUE.—A light and pleasant preparation of melted cheese.

FONDANT.—Sugar boiled and beaten to a creamy paste.

FRICANDEAUX may be made of any boned pieces of veal chiefly cut from the thick part of the fillet, and of not more than 2 or 3 pounds' weight.

FRICASSEE. — Chickens, etc., cut in pieces in a white sauce, with truffles, mushrooms, etc., as accessories.

FRITTER. — Anything encased in a covering of batter or eggs, and fried.

GATEAU. — A pudding or baked cake.

GAUFFRES. — A light, spongy sort of biscuit.

GLAZE. — Stock boiled down to the thickness of jelly, and used to improve the appearance of braised dishes.

GODIVEAUX. - Various varieties of forcemeat.

GRAS. - With, or of meat; the reverse of maigre.

GRATIN. — AU GRATIN. — A term applied to certain dishes prepared with sauce and baked.

GRATINER. —To cook like a grill.

HARICOT. — So called from the French word for beans, with which the dish was originally made. Now understood as any thick stew, or ragout of mutton, beef, or veal, cut in pieces, and dressed with vegetables and roots.

HORS-D'ŒUVRES. — Small dishes of sardines, anchovies, and other relishes.

LARDINIERE.—Vegetables stewed down in their own sauce.

LARDON.—The piece of bacon used in larding.

LIAISON.—The mixture of egg and cream used to thicken white soups, etc.

LUTING.—A paste to fasten lids on pie-pans for preserving game. MADELIENES.—Small plum cakes.

MAIGRE.-Without meat.

MARINADE.—The liquor in which fish or meat is steeped.

MASK.—To cover meat with any rich sauce, ragout, etc.

MATELOTE.—A rich fish stew, with wine.

MAYONNAISE.—Cold sauce, or salad dressing.

MAZARINES, OR TURBANS.—Ornamental entrees of forcemeat and fillets of poultry, game, or fish.

MENU.—The bill of fare.

MERINGUE.—Light pastry made of sugar and the white of eggs beaten to "snow."

MIGNONNETTE PEPPER.—Coarsely-ground pepper-corns.

MIROTON. — Small thin slices of meat about as large as a crown piece made into ragouts of various kinds, and dished up in a circular form.

MOUILLER.—To add broth, water or other liquid while the cooking is proceeding.

NOUGAT. - Almond candy.

NOUILLES. - Strips of paste made of eggs and flour.

PANADA.—Soaked bread used in the preparation of French forcemeat.

PANER.—To cover with bread-crumbs fried or baked food.

PAPILLOTE, En.—The pieces of paper greased with oil and butter, and fastened round a cutlet, etc., by twisting it along the edge.

PATE. — A small pie.

PAUPIETTES. — Slices of meat rolled.

PIECE DE RESISTANCE.—The principal joint of the dinner.

PILAU. — A dish of meat and rice.

PIQUER. —To lard with strips of bacon fat, etc.

POELEE. — Stock for boiling turkeys, fowls, vegetables, instead of water, so as to render them less insipid.

POTAGE. - Soup.

PRINTANIERS.—Early spring vegetables.

PROFITEROLLES.—Light pastry creamed inside.

Puree.—The name given to soup, the ingredients for thickening which have been passed through a sieve, then thinned with broth to the proper consistency. Meat and fish are cooked and pounded in a mortar; roots and vegetables are stewed till soft, in order to prepare them for being thus converted to a smooth pulp.

QUENELLES.—Forcemeat of various kinds, composed of fish or meat, with bread, yolk of egg, and some kind of fat, seasoned in different ways, formed with a spoon to an oval shape, then poached in stock and used either as garnish to entrees, or to be served separately.

RAGOUT.—A rich sauce, with sweetbreads, mushrooms, truffles, etc., in it.

RELEVES.—The remove dishes.

RIFACIMENTO.—Meat dressed a second time.

RISSOLE.—A mince of fish or meat enclosed in paste, or formed into balls and other shapes; used either as side-dishes or garnish (see also "Fricassees."

ROTI.—Roast meat.

ROUX.—A mixture of butter and flour, used for thickening white soups and gravy.

SALMI.—A hash of game, cut up and dressed when only half roasted.

Santon.—To dress with sauce in the sauce-pan by keeping it in motion.

SAUCE PIQUANT.—A sharp sauce in which lemon and vinegar predominate as a flavor.

SAUTE-PAN.—A thin-bottomed, shallow pan for quick frying.

SAUTER.—To toss over the fire in a saute-pan with a small quantity of fat only.

SERVIETTE, A LA.—Served in a napkin.

SIPPETS.—Small pieces of bread cut into various shapes, either soaked in stock, toasted, or fried, to serve with meats as garnishing or borders.

Souffle.—A light pudding.

STOCK.—The broth of which the soups are made. .

TAMIS OR "TAMMY."—A strainer of fine woollen canvas, used for straining soups and sauces.

TIMBALE.—A sort of pie made in a mold.

TOURTE.—A tart baked in a shallow tin.

TRIFLE.—A second-course dish, made of sponge cake, macaroons, jams, etc., brandy or wine, and liqueurs.

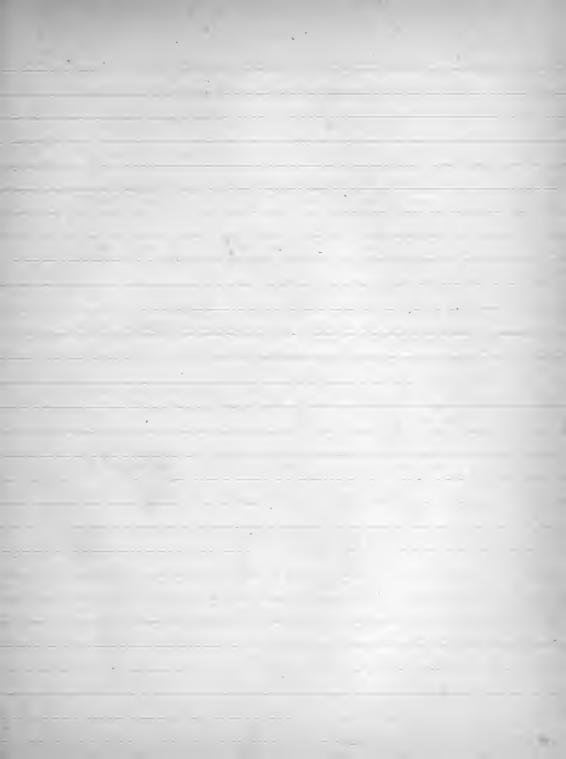
TROUSSER.—To truss a bird.

TURBANS.—(See Mazarines).

VANNER, TO.—To make a sauce smooth by rapidly lifting it high in large spoonfuls, and allowing it to fall quickly again for some time.

VELOUTE.—Rich sauce used to heighten the flavor of soups and made dishes.

VOL-AU-VENT.—A light puff paste, cut round or oval, made into patties enclosing any delicate mincemeat.

















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